Munsell's Lectures

ON THE

Mineral Food System of Health

BY

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This book could never have been produced but for the loyal, faithful, and patient help of my companion in life. It is, therefore, most fitting that I dedicate this work to my charming and helpful wife.

—*The Author.*

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FOREWORD

THE world has been filled with all sorts of professional cults aiming to cure diseases, all of which have their limitations and are, therefore, more or less successful, depending on how closely they came to the point of helping nature under natural laws of life.

The Mineral Food System of Health is entirely a different method. This is not a plan of developing a new cult of doctors, upon which you are to depend for treatments when you get sick. This true knowledge is so simple, safe, and sure that it is available to you.

The real truth on any subject is stripped of mystery and simple to understand. Error delights in mystery and clothes itself in highbrowism, while truth delights in exposing itself and seeks the decoration of simplicity.

This remarkable system, which is winning such enthusiastic public endorsement because people everywhere are learning how to win their own health victories, is the *True Health Way* and this truth is available to you with its blessed relief from suffering, disease, and premature death.

Verily the *Truth* shall set you *free.*

Yours For Health,

J. GUY MUNSELL.

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IN THE BEGINNING

CHAPTER 1.

What This Book Is Not

This book is *not* an attempt to make a contribution to science. During the last century such scientists as Huxly, Tyndall, Virchow, Leibig, Valentin, Scheussler, Goullon, Moleschott, Walker, Carey, Chapman, McCann and others have done their best to persuade scientific authorities that all the body needs is a chance to heal itself by feeding the body those things that are perfectly natural to the body, and those scientific contributions have been spurned. Some of these noble men have made their supreme sacrifice and have passed on, broken-hearted, unrecognized, and unknown.

These men have been overwhelmed, trodden down, and beaten back in a great sand and dust storm of scientific (?) controversy. They were not burned at the stake as the world used to do to those who ventured to offer a new light that conflicted with orthodox, scientific theories. The world does not do that way now. They were simply smothered down and pushed into the background.

Briefly told, the story of the great tragedy is this: There is nothing so humiliating to scientific authorities as to have their sacred theories contradicted. The "Germ Theory" is only another method of attempting to explain how diseases get

into the body from the outside. Ancient physicians said it was the devil. Modern doctors say it is "Germs." The scientists named above proved that disease is not due to any outside cause but is due to the need of natural elements for cell life. Germs may be in the body, but they have no power if the cells have what they need. Why are some people immune to germs if this is not so?

The great scientific authorities saw the danger to themselves, and they did not want to be convinced of their error, for they feared the loss of their power. They have taken great pains to see to it that no medical student should ever get a true viewpoint on this great health discovery. Our medical practitioners are not to blame. They are loyal to their Alma Mater. They do as they are taught. They have been taught to despise the work of these honest original investigators. They are conscientious about it. The world must continue to live in fear of "germs" until public opinion compels those so-called scientific authorities who sit in high places to eat their humble pie and admit their error, and the longer they resist the greater their shame.

Therefore, the Mineral Food System of Health is not submitted to scientific authorities for criticism. The past has proven how useless that method would be. Since scientific authority has rejected, scorned, and smothered this great truth in order that the scientific face of error may be saved for a little while, there is nothing to do but to take this

message to the great common people who suffer and die for the want of this knowledge. Again it becomes a case of history repeating itself for the common people must prove the error of science. It is to be expected that there will be an occasional noise as science feels the hurt of its own selfishness. In the meantime, all that the friends and advocates of the Mineral Food System of Health are attempting to do is to prove the efficiency of this System in the great need of human experience. If this thing is not true, it will die. If it is true, nothing can stop it.

"Truth crushed to earth will rise again
While error, wounded, writhes in pain
And dies amidst her worshippers."

—EMERSON.

So much as to what this book is *not*.

WHAT THIS BOOK IS

This book is the humble work of a humble man who was sick, near unto death and who had sought professional medical help in a perfectly orthodox fashion and everywhere had been turned away without hope. This man was afflicted with the terrible disease called Diabetes Mellitus, supposed to be fatal and incurable.

This man had a friend in the medical profession, who was broad-minded enough to see the merit in the losing side of the great battle above described.

This doctor was partially convinced about the principles of the body needing these mineral elements, and this suffering man got his first hint of the possibilities of this study from a friendly doctor. Like a drowning man grabbing for a straw, the originator of what is now known as the Mineral Food System of Health began his study, looking into the works of these noble and true scientific men who had been discredited but who really made the first contribution to the problem of supplying the body with the things that were perfectly natural to the body.

The scientists above referred to, who made the first contribution to the great problem of feeding the cells the mineral elements, must have attempted to appeal to the medical profession by following the lines that had been laid down by long practice in medicine. They tried to make the system work according to the old fashioned plan of treating diseases, and with some success, especially with acute diseases. But no enthusiasm or victories were ever recorded such as followed the promotion of the Mineral Food System of Health. The reason for this great success was that the author was the first to see that the ancient method of diagnosing and naming diseases and then seeking specific remedies for those diseases was all wrong. The author of the Mineral Food System saw that there was a "Language of Nature" which was simply the natural method by which the body tells what it needs, and that to call this natural expression of

a need symptomatology and then classify the symptoms by naming diseases was only a round-about way of getting nowhere. The author, therefore, decided to follow nature and to stop tracking after the ancient method.

If after the symptoms are classified and the disease is named it cannot be cured by the old methods, why not give it up? The author concluded that the thing he wanted to know was this: "What does my body need?" To know that the name of his disease was Diabetes Mellitus did not help one bit as an answer to the great question, but when he learned to understand nature's language he knew all of the time what his body needed, and he found this system was so simple that any one could tell all of the time just what he needed, and that he never needed to know the name of his disease.

OUR CLAIMS

The author claims credit for being the first to develop and promote such a system in such a way and, therefore, becomes the originator of the Mineral Food System of Health, desiring of course, to make it plain that he makes no claim to having been the discoverer of those wonderful things that scientific men during the last century, one after another had contributed. The author of these lectures and the originator of what is now known as the Mineral Food System of Health realized early in his experience with the work that the problem of building health the Mineral Food way

must always be a plan by which each individual would take care of himself. It will, therefore, be found that in every book or publication of this system the language used is so simple as to be easy for men and women and children in every degree of learning. This is a work of a common man for the common people.

No apologies are made, therefore, for the lack of scientific terms. The hardest thing anyone ever attempted to do is to read and live in the field of scientific research and at the same time talk in the language of the street. It involves a task that is trying in every detail, for it becomes necessary to make translations from scientific terms to common words. On the one hand the author is criticised because he does not use a more technical terminology, and on the other hand he is criticised by some who claim they have to read with a dictionary at hand.

The effort is constantly made to keep this work within the reach of all, and it ought to be so. It is right that it should be so, and there isn't anything that we are trying any harder to do than to keep it so. There is no apology to be made, except where we fail to make good on that program.

The Mineral Food System of Health has been promoted up to the time of the publishing of this book without any other advertising than the good will of its patrons. The author has labored diligently to give value received and to help all to

build their health which is the thing they wanted when they purchased this service, and such people are not asking for scientific contributions but for help in their problems. This is the gist of the whole matter when we say that we are not offering this book as a scientific contribution, but we are seeking to help plain men and women who are doing the real work of the world and who are suffering and in distress and want to know the way to health.

Legitimate advertising of a legitimate proposition is always legitimate, but it is with a distinct feeling of satisfaction that the author announces that up until the time of the publication of this book, there has never been a dollar spent to promote this enterprise by advertising. We had no dollars to spend that way. The Mineral Food movement has spread by enthusiastic boosting from one friend to another and by letters from dear ones to distant places, telling of the wonderful victories they have seen and won, urging loved ones to prove it out for their own good.

THE PLAN

The task of helping suffering people everywhere to build their health is a noble task. The plan is to teach folks everywhere how to feed their bodies the perfectly natural substances needed for health. The Language of Nature makes this plain. It is so brief and simple that any one can understand it and use it. Every beginner in this System receives first of all this very simple, easy, brief guide.

The next step in the process is to go more completely into the knowledge of the Mineral Food System, showing the physiology of the minerals in the body which becomes a great help in learning how to use it. Finally this lecture course explains more perfectly the whys and the wherefores of the theoretical phase of the Mineral Food System of Health.

The author, during the advancement of this work, up until the time of the publication of this book has traveled as far as he could go to help our members by delivering lectures, bringing to them more light upon the problem in that personal way.

IN THE COURSE OF DEVELOPMENT

But because of the wonderful results obtained this System has spread so far that there are many scattered members everywhere that cannot be reached with a lecture service, and in the meantime so many new points have sprung up where the crying need for lecture service is demanded, that the author found himself unable to meet the demand of this type of service with personal lectures, and hence he has brought together this publication which is a reproduction of the lectures that have been delivered to his membership at these points where this work has grown so rapidly. By compiling this book of lectures it becomes possible to broadcast this service to people everywhere.

It has also been found that there are many who do not wish to take the complete Course of Instruc-

tion, but who do wish to have these lectures as a means of investigation. Anyone who wishes to understand the theoretical foundation upon which Munsell's Mineral Food System of Health is based, in a form where it can be carefully and thoughtfully investigated, can do so by means of this book.

And, therefore, this book is offered to the public, with no obligation on the purchaser to use Mineral Food or to purchase any further service. This book does not teach anyone how to use Mineral Food to build their health. That was not the intention of these Lectures. The regular service of instruction conducted by Munsell's Mineral Food Company conveys this necessary training.

This book of Lectures, therefore, must not be expected to be a guide as to how to use Mineral Food. That is a service that is given by the institution founded by the author and is available to anyone who wishes to buy that service. These Lectures contain the theoretical foundation upon which the Mineral Food System is based, all of which is so necessary for a complete confidence in any such system, for before anyone can really have confidence enough to prove this out, he must know why it works, and the whys and wherefores are the outstanding problems of the lecture course.

We, therefore, submit this work from the standpoint of what it is and professes to be. As to the criticism to be expected from the standpoint of what it is not and does not profess to be, there is

nothing to be said except we await it with complacence and leave it to others to make any scientific contributions as may seem best in the hope that such efforts may some day meet with a more favorable scientific reception than all such efforts have received in the past.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

YOUR WONDERFUL BODY

CHAPTER 2.

There is a public state of mind to the effect that the human body must be "monkeyed with." This public opinion has affected all of us, and it causes you to act as though your body is not properly made and your organs are not properly adjusted. How can the popular monkey-wrench methods of changing adjustments and knife and scissor practices of violently removing organs from the body be otherwise explained? We exceed all the limits of reason in the way we tinker with the human body because of the fear of sickness and death.

A MECHANICAL MASTERPIECE

Your body is the most perfect machine that has ever been created. There is nothing in nature so wonderful. Almost everything man attempts to build is patterned after the human body.

Beautiful cathedrals have been erected with magnificent arches by the wonderful skill of man, and yet no arch was ever formed that will equal the symmetry and perfect fit of the arch in your own body where the upper end of the two legs and the pelvic bones support the trunk.

No man has ever been able to make a hinge that is as perfect as the human knee.

No universal joint was ever as fine as the human wrist.

No girders were ever as grand as the human ribs.

No filters were ever made that are as splendid as the human kidneys.

No valves were ever manufactured that will equal the valves of the heart.

No telegraph or telephone system was ever constructed that could be compared with the nervous system of the human body.

No piano was ever built as fine and perfect as the fibre instrument nature built in your own ear, and yet man has done wonderful things in piano building. This perfect little miniature piano contains about three thousand double fibres or strings, and the longest cord is one-fifteenth of an inch, while the shortest is about one five-hundredths of an inch. The constant struggle of man is to build a parlor grand piano that is small enough to fit the parlor of an average home. The baby grand is the best that it has ever been possible to make, and yet it is not quite so satisfactory as the larger parlor grand which is perhaps a little bit less than one foot longer.

We have wonderful kodaks and cameras, but did you ever see a camera that was self-focusing, self-loading, self-developing, perfectly working automatic drop shutter, could take millions of

pictures every day, was self-cleansing, took all pictures in colors and enlarged them to life size, and all of this automatically? The human eye is more wonderful than any picture machine man ever made. It is a moving picture machine, at that. And in the optical darkroom of the human eye you will find the only jet black membrane in the entire body. No man has ever created anything half so wonderful as your eye.

No violin was ever built that will equal the tone possibilities of the human voice.

The trumpet and the harp are all counterfeits of the human body, but are so imperfect, no matter how grand, as to become the despair of the manufacturer.

Wonderful things have been done in the attempt to make a pump of perfect efficiency, but the human heart stands at the apex of all pumps ever created. The heart is six inches in length, four inches in diameter, and throws out about eight tons of blood under pressure every day. And wonderful though the works of man may sometimes seem to be, no man has ever yet been able to build a pump that will equal the performance and efficiency of this wonderful organ which we call the human heart.

It is wonderful to view the waterworks systems of our large cities with their immense pumps and main pipes all skillfully figured out by mechanical engineers, but no water works sys-

tem in the world ever will be equal to the circulation of the blood in your own wonderful body.

The lungs contain one gallon of air. We breathe twelve hundred breaths, and inhale twelve hundred gallons of air per hour, or twenty-eight thousand gallons each day, and the total surface of the air cells in the lungs exceeds twenty thousand square inches, equal to the area of a room twelve feet square, and nothing like it in efficiency has ever been invented by man.

Each square inch of the skin surface of the body contains thirty-five hundred sweat tubes, and there never was a radiator manufactured in the world that will equal the efficiency of the respiratory pores of the body. Each pore has a little drain tile about one-fourth of an inch in length and if stretched out these tiles would measure nearly thirty miles in length.

We have heating plants that run on a thermostat, and a temperature of about seventy degrees is maintained throughout the entire building, but nothing has ever been made that will equal the human body's automatic process of keeping the body at an even temperature of about ninety-eight degrees whether you are in India at 130 degrees above zero, or in the arctic regions at 120 degrees below zero, or whether you are at work or asleep.

Your own body is the mechanical climax of the universe, and at no point is that climax more complete than in the fact that under the laws of

nature your own body has the sacred right to reproduce itself in the most holy precincts of divine law, by a process so wonderful, so full of mystery that the wisest of men who know the most about it confess that they know nothing at all. An ancient sage viewing the wonders of the human body broke out with, "Unhappy man, thou bearest a god within thee and knoweth it not."

At the topmost round of secret mystery there rests the human brain—the holy of holies of the infinite mind. No one knows anything about it. You belong to the only class of animals that has the power of intelligence and judgment. You are, therefore, almost divine.

The mysteries of the infinite mind were revealed to the limit of finite capacity of understanding when the power of speech was bestowed upon you. And then this blessed God-given faculty is used by all of us to make each other believe that this human body, so wonderfully made and so perfectly adjusted, has to be "monkeyed with"—maltreated with unnatural devices, drugged, poisoned, and carved upon, in the attempt to improve upon God's great masterpiece by removing its sacred parts. And if a part or organ can be removed without producing instant death we parade the wonderful achievement of the skilled mechanic as a scientific triumph.

By what fine art of reason can we sustain the ridiculous conclusion that it is within man's limited powers to improve the greatest masterpiece

of the *"Master Mechanic"* of the universe? That idea cannot be sustained until some man can come forward and show that he has made with his own hands, and perfected by his own knowledge, a human body more perfectly organized and more perfectly adjusted than has ever been made by the Universal Artist.

WHY MONKEY WITH THE ADJUSTMENTS?

Did you ever see a piece of machinery that came from the factory in perfect adjustment, made to work, and then see some monkey-wrench expert muss up the adjustments and afterwards complain because it won't work as it should? Then notice what we are doing to the human body. It came from the most perfect factory ever organized in the universe. The adjustments were perfectly made in its creation, but if the bowels do not move every day we monkey-wrench the adjustments with an unnatural dose of high power dynamite, in the belief that something awful is the matter with the machine, and that throws the bowels, stomach, liver, kidneys and the entire body out of adjustment so another poisonous dope seems to be needed. You beg for dope to stop the headache and then the nerves and the heart are thrown out of adjustment, and every unnatural thing that is done to the human body is to be compared with the monkey-wrench expert. He wonders why the machine won't work and you wonder why you are so sick after you have done so many unnatural things to yourself

trying to improve upon nature's perfect adjustments.

No greater mistake ever seized the consciousness of the race than that state of mind which keeps the world thinking that the body isn't made right, and that it doesn't work right unless it is "monkeyed with" all of the time. One of the chief reasons why the world is sick is that the world's fingers seem to itch to grab the monkey-wrench and to go to work "monkeying with" the adjustments on the most wonderful piece of machinery ever manufactured in the universe, a machine that is perfectly made and perfectly adjusted and only needs to be properly fed and washed and then *"let alone."*

OBSERVE NATURE'S LAWS

Here is a natural law that you should learn and remember: *Never put anything into the body except that which is natural to the body;* never give the body anything except food, air and water. That is all the body needs, everything else is foreign to the body. No matter what the effect may be it is an evil effect, if it is produced by unnatural methods even though it may seem to give temporary relief. If you are tampering with nature you are fooling with the adjustments, and anything that is done to maladjust the body is an interference with the health conditions of the body.

HAVE FAITH IN YOUR WONDERFUL BODY

The first big thing to learn is to believe in your own body; to believe that the laws of nature are such that it is natural for it to do the right thing; to learn how to feed the body what it asks for and then do nothing else except to wash it and keep it clean, and, for the sake of your life and your own well being *learn how* to *"let it alone."* If any other person wants to "monkey with" the adjustments of your wonderful body fight for your body as you would fight for your life.

PERFECT HEALTH

What is perfect health? That fine perfectly natural condition is simply *perfect* life. How is perfect life maintained? That is the next question for discussion.

There is no life to be found anywhere in nature except in the *cell.* Life is not in the brain, the lungs, the heart, the stomach, or in any organ or part of the body, but life is in every part of the body. Billions upon billions of cells all brought together and related so that every cell is in constant possible communication with every other cell, that is health and that is life, and that is the personality that makes you and makes me.

But the power of life, the secret of life, the function of life, the vibration of life, the mystery of life, every attribute of life is confined to that

infinitely, infinitesimal entity which we call the cell. The head cells, the hair cells, the skin cells, the bone cells, the heart cells, the brain cells, the nerve cells, all of the cells from the crown of the head to the soles of the feet, have their life vibration, their power of function. Every cell is important to every other cell, and every cell in the body lives and moves and has its being in unison with all of the cells. If every cell is living exactly right the whole body will be well and healthful and beautiful to behold. If one organ or part of the body is diseased, then the entire body is at least a little bit out of tune. Do not say there is nothing the matter with you except so and so. If so and so is the matter with you, then something is the matter with you all over your body, for every cell in your body is related to every other cell.

Life as a process is a mystery, and it may be that no human mind will ever be able to understand that mystery. But we will not concern ourselves as to the mystery, we will confine our thoughts to those things that we are able to know about life. The thing that we know is this: It is a chemical vibration, or precipitation; it is a chemical process so far as all of the material elements are concerned that enter into this secret or mystery of life.

ALL YOU NEED

We know that this chemical process is dependent upon three essential elements: First, there

must be oxygen, or air; secondly, there must be water; and thirdly, there must be food—any and all kinds of wholesome food material. These things are the only things that the cells ever need —air, water and food. The cells never need a poison; they never need a drug; they will not accept any unnatural or foreign substance, but if given the things which are natural to them, such as air, water and food, the cells will then perform their function and perfect life will result; and if the life is perfect, then health will be perfect. There is no disease known that cannot be traced down to the deficiency of the necessary natural elements needed for life in the cells. Not a single disease falls outside of the possibility of such classification.

We do not need to worry about the air and water, for there is plenty of both. *The whole health question is the food question.* What is the matter with your food? There is plenty of it; the table groans with the load. No one starves for the want of food. The fact is we eat too much food. There is plenty of food but it is *demineralized, unnatural* food. The entire health question is a food question because it is impossible for the human body to even get this *air* and *water* back to the cells of the body unless the food is right.

The food must supply the dust or the *mineral base* upon which these vibrations take place. If the *mineral base* is missing the connection is

broken and the spark fails to reach the negative pole. The albumens, starches, fats, calories and all of the rest of the popular fads and fancies about food are only the negative poles, or the method by which nature keeps up the contact through organic matter back to mother earth or back to the ultimate material substance. "Dust thou art" and if that dust is not present in sufficient quantities, or in the right form, then the foundation upon which the vibrations of life must depend crumbles away and life is interfered with, and *how can there be health?*

And even though the vibrations of life may continue to go on after a fashion the automatic processes are hindered and the forces of life slow down until the body becomes inefficient and is racked with pain or whatever the symptoms may be.

THE NATURAL WAY

But these minerals must come into the body in the form of food. There is nothing more pathetic in everyday life than the efforts that are being made by some people to respond to the popular belief that we need minerals. Barrels of iron are being fed, but not in the proper form. It is the function of plants to take the dust of the earth and by means of plant life transform these crude or concentrated minerals into the cell structure of plant life, and then the vegetables become food for the animal kingdom. And if the vegetables were perfectly natural, or were

taken in a perfectly natural way, they would contain the minerals that man needs for perfect life. Any method, therefore, of taking any of the minerals into the body to supply the mineral need must be done skillfully. The minerals must be in *perfect food form,* and this means that nature's processes must not be *changed,* but must be as *perfectly duplicated* as possible.

You read on the sign, "Have you had your iron today?" And you are asked to eat raisins and there is not a natural raisin on the market for you to eat. Nature's processes with raisins have been changed to make more money for the raisin men. The raisins are big and sweet, and keep well and look nice and pack fine, but the iron is not just right in these unnatural raisins.

The chemist may insist that the iron is there. But if that iron is not properly attenuated, or if that iron is not built into the cell structure of the raisin in a perfectly natural way, then that iron, even though it is present, will pass into your body and pass out again without really touching the life processes or cell vibrations of the body. Therefore, it is not altogether the amount of minerals in your food that is affecting your health. The trouble is that the mineral element is often useless because the food is so artificial, for commercial reasons, that you can not use the mineral in that unnatural form.

Nature cannot be successfully changed. Nature must either be left alone or else we must pay the

price as a recompense and duplicate nature as perfectly as possible. When we make Mineral Food we duplicate *nature* and make an *iron* that will successfully feed your cells, and you can prove it.

CONCLUSION

You want to learn right now how to promote life in the cell. You see from what you have just read that health is dependent upon perfect life processes in the cell. It is your desire to be efficient, comfortable and able to maintain your place in the world as only a healthy person can do.

The first thing to do is to get this new viewpoint. Begin right now looking at your body from a different standpoint. Free yourself from the notion that has been a part of your thought since your earliest recollections to the effect that your body needs fixing. Remember your body is perfectly constructed and is absolutely automatic and it never needs to be "monkeyed with." If it is out of order you cannot fix it, for it must fix itself, and it will if you will only learn how to give it what it needs. The only things the body ever needs are air, water and food. A sick body is a body that is starving for mineral elements that the food fails to supply, even though the stomach may be full of other things upon which the body is already overstocked.

Settle forever the fundamental program announced above to the effect that from this time on nothing is to ever enter your body except that which is natural to your body. No drugs, stimulants, tonics, laxatives, painkillers, regulators, knives, scissors, or any other violent or unnatural methods should ever again maltreat or maladjust this marvelous structure placed within your control and dependent upon you for its care.

You make no mistake if you will learn to have confidence in nature. What is it your body needs? It needs to be fed. Natural food is the food the body needs, but you cannot get that food in a natural form. Your food is demineralized by all of the processes that civilization has demanded. Therefore, it becomes your solemn duty to learn how to recompense nature by supplying those minerals that have been taken out of your food by civilization.

If some of these principles are not clear to you, as yet, then read on. Every Lecture following this opening subject of "Your Wonderful Body" is a more complete explanation of principles only hinted at in the opening chapter.

Mineral Food is your great hope. This is why your friends speak to you with such enthusiasm and tell you of the wonderful victories that are everywhere being obtained by the use of Mineral Food. It sounds too good to be true, but the only honest answer that can be made is to say

that Munsell's Mineral Food System of Health proves itself to any and all who will faithfully test it out. The great health hope of the world is realized. The fundamental cause of disease has been traced down. Munsell's Mineral Food System works, and therefore, it is true, and you can prove it for yourself.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

WHAT ARE YOU MADE OF?

CHAPTER 3.

You have a wonderful body made in a wonderful way. It automatically takes care of itself under natural laws that are wonderfully efficient. It is adjusted so perfectly that all you need to do is to let it alone. Your big duty in order to keep your wonderful body in perfect working order is to see that every cell is perfectly fed. You have a perfectly wonderful system given to you by nature for taking care of your food, and you have a wonderful bloodstream and splendid organs of circulation by which your food is carried out to every cell of your body. All that is necessary for you to do is to see that the cells of your body have a fair and square chance to get what they need. When that is done they will be well and strong.

If you are sick, there isn't anything that can be done by any system of healing or by the knowledge and skill of any man or set of men, that will come anywhere near working for the restoration of your health in any such wonderful way as will these perfect laws of life that are in actual adjustment within your own wonderful body, waiting to be used as soon as you learn how to supply the tools they need to do the work of making you well and strong.

In order that you may understand all of these principles, we are going to describe "What You

Are Made Of," and tell what all of these substances really do in your body. This is called the physiological function of the substances that make up your body. This will make it more clear to you why the Mineral Food System of Health has done such wonderful things in building health, and why it is perfectly safe for you to place your supreme confidence in this perfectly natural System of Health in order to obtain the same fine results others are getting this way.

To begin with, nearly seventy per cent of your body by weight is water. If a human body is burned up or cremated the organic substances and water pass off in vapors, smoke and gas, and when the body is burned, there is at last a residue which defies the power of heat or flame. This is the enduring substance of the body, and we call this the ash. This is what you are made of.

The enduring things are always the real things in the universe. Pleasures that are enduring are the real pleasures. The fleeting pleasures of life readily pass away and do not leave behind the gleam of satisfaction which life demands. But the enduring pleasures, the pleasures which remain, the pleasures that abide, the pleasures that stand the strain of life are the real pleasures. The wisdom of life consists in selecting those things that endure. We do not believe in temporary building. We build to acquire something that is abiding. We crave a business which will endure the test of time and the strain of business life. We have learned

to recognize that this feature of endurement is the test of real worth, and the principle is true right here in the Mineral Food System of Health.

The ash remains when all of the other substances have passed away. It is the enduring substance and it is the real substance out of which you are made. It is the dust which is spoken of in the Holy Writ, and you are made of the dust of the earth. There is no more scientific statement in all scientific literature than the statement that is found in the Holy Writ, "Dust thou art." When this ash is chemically described we find that the body is made of certain minerals which are to be found in the earth, and the dust out of which you are made are composed of those minerals which have been classified so that we have twelve names to describe them, and each one of these minerals has a life function. There may be some other minerals in the body which have no life function and are not important so far as the health is concerned, but there are twelve minerals in your body upon which your life depends.

THESE ARE THE THINGS YOU ARE MADE OF

We have given to these minerals the following names: Lime Fluoride, Lime Phosphate, Lime Sulphate, Iron Phosphate, Potassium Chloride, Potassium Phosphate, Potassium Sulphate, Magnesium Phosphate, Sodium Chloride, Sodium Phosphate, Sodium Sulphate and Silica, and these

are the things that you are made of. It is upon these mineral that your health and life depend, and each one does a certain work in your body that must be done. When you understand what that work is, you will begin to understand why the Mineral Food System of Health is true.

THE FIRST MINERAL—LIME FLUORIDE

The bones form the framework of your body, which the Master Mechanic of the universe so wisely provided to give your body shape and strength. The outside portion of every bone in your body is covered with a thin, hard, smooth surface called periosteum, which you have observed on the bones of other animals. It is very similar to the outside covering of your teeth which is called the enamel. Lime Fluoride is the mineral that builds the enamel of the teeth and the outside surface of all bone structure, and it is to this surface that the muscles of the body are attached. You cannot enjoy good strong bone and muscle attachment unless this smooth covering is made by this mineral. Whenever there is a deficiency in this mineral, there will be bone diseases and bone abscesses, and that is often the way tubercular infection of the bone begins.

But this mineral of Lime Fluoride has another important function in your body. The muscles of your body would be nothing but a helpless mass of protoplasm if they were not formed and supported in such a way as to provide for them the

power to contract, and this could not be done except for these little elastic fibres which are really small, fine, thin strips of rubber, which interlace the muscles in all directions and gives to them the power to contract. Your muscles would be like a jelly fish if it were not for these elastic fibres, and Lime Fluoride is the mineral that controls the chemical processes of life, which builds these fibres and keeps them working.

When this mineral becomes deficient these fibres cannot be strong. They become flabby and why shouldn't you have piles, varicose veins, rupture, sagging muscles on your arms or legs, flabby appendix, flabby bowels causing constipation, flabby stomach causing indigestion, flabby gums around the teeth, flabby face muscles causing it to sag and hang loose, disfiguring the face and giving premature lines of old age, or flabby heart, or flabby valves in the heart so that the heart does not function as it should. There is a widespread need for this mineral everywhere. It is one of the chief needs in almost every person's body for there are flabby muscles everywhere.

And what sense can there be in performing an operation for such conditions of mineral starvation? Why should we cut the appendix out and throw it away? That will not restore this mineral to the body nor will it overcome the other flabby conditions extending all over the body. And why should we cut off a pile or cut open a vein and take out a slice and then sew it up again? Is it not self-

evident that all of the cruel operations that are being performed to overcome sagging and flabby conditions of the body are only the beginning of that worse condition that finally comes about? The hospital records are full of cases where minor operations for sagging and flabby conditions were only the beginning of more serious trouble. When the heart becomes so flabby that it can not stand the strain, and no more operations can be performed, then you may be told that there is nothing for you to do but arrange your affairs to die, and to be as complacent and contented about it as possible.

THE SECOND MINERAL—LIME PHOSPHATE

Lime Phosphate is the base of your bloodstream. The blood plasm of the body is dependent upon this mineral. You cannot get the food back to your cells to feed them unless the food comes under the control of this mineral. Chemical authorities know that Lime Phosphate has an affinity for albumen. The albumen as soon as it enters your bloodstream must come under the control of this mineral, or it would become inert and useless and would pass away or be discharged by some organ of the body to prevent the bloodstream from being contaminated by decaying albumenous substances.

This mineral is the one that builds the interior part of your bone. It is the soft inner bone substance mineral.

This mineral is one of the most essential of all to life in the body. No cell can live without food and no food can reach the cell without this mineral element. No bone can be properly supported without this mineral, and therefore, a deficiency of this mineral causes all sorts of trouble.

The sex function depends upon this mineral, and when a deficiency arises, then abnormal sex thoughts and unnatural sex acts are bound to take place.

One of the most pitiful things that ever happens in life is the young life that is ruined by abnormal sex conditions. There are boys and girls in school today who ought to be thinking about their studies and who would like to do it, but whose thoughts are tormented by unnatural and uncontrollable sex ideas. Whenever this mineral is deficient because they go to the table three times a day and fail to receive what they need, a disturbance arises in the bloodstream all over the body for the want of this mineral and brings about unnatural sex thoughts and acts. There are girls and boys who have been condemned by the cruel public opinion of society with the complacent remark that they had the devil in them, because they cannot be depended upon to live true to the high ideals of society with regard to their sex nature. And yet if society only knew it, the evil food habits are bringing these things about.

There are men and women today who are able to testify that they themselves had been tormented

in this way and have found that these things come under a very natural control by the use of Mineral Food, so that they gradually find themselves overcoming the tendencies which they supposed were a part of their nature. They thought it was natural to be tormented by weaknesses of which they were ashamed, but as they have built up their health they find themselves happily using their strength to a better advantage.

One of the strongest evidences of this thing that has come within the knowledge of man is to observe the occasional manifestations of a degenerate sex nature in a dog. The dog eats the food from his master's table. He lives a more unnatural life than any other animal in the world except man, and this is because he has become a more intimate companion of man than any other animal in nature. And because of eating this unnatural food from his master's table, it has been noticed that sometimes dogs after several generations of this unnatural life come to the condition where their sex habits are so obnoxious that they have to be done away with, and it is impossible to find any other animal in nature that has gone away from his sex nature and has violated the natural laws of his being along the line of reproduction as has the human family and the dog. These two, living and eating the most unnatural food of all animals have had more trouble with this one function than any other animal known to man.

THE THIRD MINERAL—LIME SULPHATE

Lime Sulphate is the mineral that nature uses to wash and cleanse the inner parts of the body. Back in the cells and in the interstices or the middle spaces between the cells this mineral does its work. It is the washerwoman or the scrub lady of the body. This is because it has a natural chemical affinity for those waste matters commonly called mucous or pus, and you can tell by the signs given in the Language of Nature just when this mineral is needed in your body. This is true of all other minerals of the body.

THE FOURTH MINERAL—IRON PHOSPHATE

Iron Phosphate is the mineral that carries the oxygen from the lungs out to the cells. You must have oxygen, for no cell can live unless the spark of life is touched off by pure, sweet, clean oxygen which is the air you breathe. And although your lungs are full of air it will do you no good back in the cells of life unless this mineral is in the bloodstream in just the right way to do this work. Iron Phosphate is known to have a chemical affinity for oxygen, and nature has resorted to this chemical function to carry on this process of life. You must have iron or you will die, for you cannot get the oxygen that your cells need to live without the iron.

THE FIFTH MINERAL—POTASSIUM CHLORIDE

Your cells must get albumen in the final form of fibrin before it can be used in promoting the

life of the cell, and Potassium Chloride has the chemical power to do the work of changing the albumen to fibrin. If this mineral becomes deficient, then the fibrin must pass out. If it comes out one way you say catarrh, If it comes out another way you say typhoid fever. If it comes out another way it is croup. If it comes out another way it is scarlet fever. This does not begin to touch upon the many diseases that are due to the fact that the fibrin in the body has lost the mineral that controls it and has become inert and useless and, therefore, it is waste matter and must be discharged or it will poison the bloodstream and cause death. Under the splendid laws of healing in your body, the natural method of your body is to get rid of this fibrin, and these various ways of causing it to pass out have been seized upon by men who have amused themselves by naming diseases, and it is all the same thing—waste fibrin which must be discharged under the laws of nature by your body which is perfectly automatic and will take care of itself, if you will only give your cells what they must have to work with.

THE SIXTH MINERAL—POTASSIUM PHOSPHATE

The most wonderful part of your body is the nervous system. You would be a perfectly helpless creature if your fingers were not related to your toes in such a way that when your toe itched you could use your finger to scratch it. This is a crude and homely illustration of how complete-

ly your body must be brought into co-ordination, and every organ and part of the body must be related to every other part of your body.

You would not begin to have any such thing as a nervous system without this mineral for this is the one that builds the gray matter cells of your body, and in the gray matter cells you have stored up judgment, and all of the things you do in life depend upon these cells. You would not only be a miserable creature but a perfectly helpless creature. This is one of the most important of all of the twelve minerals of the body. In the lecture on nerves we will more completely discuss this mineral, but all of these nervous diseases and any other diseases that are dependent upon this mineral are perfectly explained and thoroughly understood, when you more completely grasp the fullness of this System.

THE SEVENTH MINERAL—POTASSIUM SULPHATE

This mineral lubricates the body by reason of the fact that it is the mineral which under the laws of nature has the power to unite with other substances in the body and manufacture oil. You cannot eat olive oil or butter and get an oil that will lubricate your body. You cannot take out of any other human body the oil that is there and use that to lubricate your body. There is only one way that your body can be lubricated and that is to manufacture its own oil, and this is the mineral

that does it, for it has a chemical property that brings together the substances necessary to manufacture the oil your body requires.

The pores of your skin are dependent upon this lubricating oil, and many of the diseases that are most disastrous to life hang around the malfunctioning of the pores of the skin, so that the waste matter cannot pass out, and so that the temperature of the body is not properly regulated by the pores of the skin. This is why we have learned to resort to various methods of causing the body to sweat when we get sick.

THE EIGHTH MINERAL—MAGNESIUM PHOSPHATE

There are two departments of the nervous system, the gray matter and the white fibre cells. The white fibres are made by Magnesium Phosphate and must have this mineral in order to live and do their work and toil and labor for you. If they are properly supplied, they will never torment you, will do their work gladly and never go on a strike.

The white fibres of the body when they go wrong, cause spasms and convulsions, and that terrible disease called Tetanus or lock jaw comes within this field and every disorder such as St. Vitus Dance or Palsy or Writers' Cramp or uncontrollable hiccoughs and many other conditions that will be perfectly described in the system we teach, all come within the range of this mineral which

builds and maintains the white nerve fibres in such a way that they can do their work only if they are properly provided with their necessary food, and they cannot do their work if they are not properly fed.

THE NINTH MINERAL—SODIUM CHLORIDE

We said a little while ago that seventy per cent of the body by weight is water. Therefore, water is tremendously important. You can always get plenty of water to drink, but your bloodstream and cells cannot take it up, unless the mineral that controls the water is properly distributed in your body. As shown above you cannot get air back to the cells unless you have iron in the bloodstream. There are oceans of air all around you and the lungs may be full, but your blood must carry air or you will die. You cannot have the water that your body needs clear out in all of the cells of your body, even though you may lie in the bathtub or drown yourself in the oceans of water that are available, unless nature's way of distributing this water is complied with. There is only one way and that is a chemical way.

Sodium Chloride is the mineral that has a chemical affinity for water and carries it all over the body in accordance with the laws of nature. If this mineral is properly distributed about the body, the water will reach the cells just as it is required. If it is not there, then the water content in the body will be disturbed. This is a perfectly scien-

tific explanation of that condition known as Dropsy, which is the final and fatal form of many fatal diseases. Hay Fever is a disturbance of the water content of the body. A running, watery cold is the beginning of many distressing conditions. When the water runs out of the nose or the eyes or any other organ in an unnatural way, it does not mean that there is too much water in the body. There may not be enough water in the body and still water may be discharged. But it does mean that the water that is in the body is not under the control of its proper mineral and, therefore, it has to be discharged or it will flood some parts and become a damage instead of a help. This mineral of Sodium Chloride is one of the vital minerals to life processes. There are three substances vital to the life of every cell: air, water and food. No. 4 mineral is vital to the life because it takes care of the air. No. 9 mineral is vital to life because it takes care of the water. No 2 mineral is vital to life because it takes care of the food.

THE TENTH MINERAL—SODIUM PHOSPHATE

This is the mineral that takes care of the acids of the body. The body must have acid for many chemical vibrations of life in the cells take place in a medium of this alkali acting upon natural acids in the body. Whenever this mineral is deficient in the body, the acid content becomes a disturbing element because it is not under the control of this alkali. Acid stomach, heartburn and a long list of many acid diseases arise. Rheumatism

and arthritis are among the most painful, but there are many minor ailments which only become the beginning of more serious troubles, all of which arise because this mineral is deficient. This will be more completely explained in our Course of Instruction.

THE ELEVENTH MINERAL—SODIUM SULPHATE

This is the mineral that does the work of discharging any surplus water there may be in the body, as this surplus water would become a disturbing element. The water level in the body must be perfectly maintained. It is automatically adjusted if the minerals are there in their proper form. Sodium Chloride distributes the water of the body, but Sodium Sulphate carries out the surplus and eliminates too much water. It is not, therefore, a mineral that is very likely to be involved in a case of Dropsy for that is not too much water, but is a case where the water is not properly distributed. The function of this mineral is to automatically adjust the water level.

THE TWELFTH MINERAL—SILICA

There is hardly any other mineral in the body about which there can be more interest than this one. This mineral is in all nature, and it is preeminently important wherever it is found.

In all forms of plant life there is universal silication. The bark on the tree, the fine sharp point-

ed bearded side of every blade of grass, every leaf of corn, and every stalk of wheat, on every single form of vegetable life, you will find on the outside portion a structure that is made by Silica.

And the same thing is true in all of the animal kingdom. The feathers on the bird are made of Silica. The scales on the fish are made of Silica, the hair on the whole animal creation is made of Silica. There isn't any form of life, either vegetable or animal, but that presents a great overwhelming example of silication.

The internal parts of your body are all made up around a fine, thin stream of substance that we call connective tissue. It is so thin, that it is transparent. Every one of the infinitesimal multitudes of cells in your body are held in place and made upon a thin fine skeleton. Not a bone skeleton, but a connective tissue skeleton, and all of this is under the control of Silica.

There is much suffering in the world due to improper silication, and if you do not get this Silica there is bound to be disorder. The Language of Nature in our Course of Instruction becomes a complete and perfect guide so that anyone can know any time he wants to know just when he needs Silica. And yet, it will be a mistake for anyone to jump at the conclusion that you can get Silica in any of its crude or concentrated forms on the market and supply the cells in your body. In the great scheme of creation, under the all-wise

infinite mind of the Universal Master Mechanic, you were made in such a way that you must get this dust in a food form. You cannot chew a nail and get iron. You cannot go and buy powdered iron at a drug store and supply the cells of your body with the iron that you need, for that is not the natural way and it is not a natural form.

The Master Mechanic of the Universe made you in such a way that you are dependent upon the natural vegetables for your food. The vegetable kingdom has the power to reach down into the ground and to bring the minerals and the water together in the cells of vegetable life in such a way that the minerals are to be taken over into organic forms of life, and you were supposed to get your food that way. When the minerals were taken into the body in that form they were perfectly arranged by natural laws in such a way that they were highly attenuated or stretched out and made to become a part of other substances to match your power of digestion, and you must either get it that way or you must recompense nature the Mineral Food way. I did not make that law and you cannot amend it. There is only one thing that either of us can do and that is to follow nature's law.

NATURE'S WAY IS DUPLICATED

It has become the will of civilized society to tamper with the food of the human race and to make it unnatural. The Mineral Food System

of Health is efficient in the restoration of health and the building up of health because we have devised a system by which anyone may tell all of the time through the Language of Nature just what he needs. We have worked out a system in such a way that we have perfectly duplicated nature's methods.

Nature's way of placing these minerals into all of the food we eat has been duplicated, and since the human race has violated nature and gone away from the natural method and spoiled the food, it has then become necessary for you to learn how to recompense nature for the benefit of your body. This is an explanation of the essential feature of the Mineral Food System of Health, and this is why we succeed. All of the diseases that are tormenting mankind are due to the fact that the enduring substances out of which the body is made, the twelve dusts or minerals, are not properly fed to the body because the food is so unnatural. If it shall seem wonderful that Mineral Food will cure all of the ailments of mankind, the wonderment is explained because the system is so natural.

Since all disease is due to poor food, then why should it seem strange that the method of duplicating nature's process by giving the body what it calls for should be the natural method of healing? Your perfectly automatic body will heal itself when the necessary minerals that are needed are supplied.

But it would be folly to attempt to put these minerals in the body in any other form than in the perfect duplication of nature's methods. That is why any mineral used in a drug way is apt to do harm instead of good. Iron in the drug form will rot the teeth and do other damage to the body, but iron in a natural food will supply the need of iron by duplicating nature's process.

You must be careful to get a perfectly natural Mineral Food. You do not want to attempt to use any substitutes. You do not want to take any chances. Our Mineral Food System is the cheapest and the most successful system of building health ever given to the world. The big thing to do is to follow in the pathway of that System that has won its place in the hearts of the people and has demonstrated its efficiency. The Mineral Food way cannot be used successfully unless it is used the right way. The only way to be sure that it is the right way is to follow the method that is devised by our company, which is the original Mineral Food Company.

The Mineral Food System of Health is not a plan of curing disease by hitting it a blow with some strong medicine. All systems that aim to do that have failed. The Mineral Food System is a success because it is the only system that has ever perfectly duplicated nature. Your bloodstream must cure you through the automatic processes of your body if you are ever cured. The healing power of nature is your only hope. Do not start

in on this with the idea of finding out what to take for your disease. You see that your body is made of the dust of the twelve minerals, and that the various cells of your body must have the minerals upon which they are made and upon which they depend in order for you to be well. "Dust thou art and to dust thou shall return."

It is the great way of nature. It is the ultimate wisdom of the Master Mind of the universe. It is the way we are calling on you to adopt. It is the way that is spreading a real hope in the world. It is the way of life, and because it is such a natural way it is the way of efficiency. The message comes to you with all of the throbbing interests of hope. I would not have you become disappointed for anything. I cannot assume responsibility for you except the responsibility that I am glad to assume, and that is to be your humble teacher. Having found the way myself I want to bring that way to you. You must learn it and it is not difficult. It is the easiest thing to learn ever given to the world on health.

We will give you a message that will enable you to tell every day or every hour just what your body is needing or just what your bloodstream is calling for, and then you are offered the hope of being able to find the proper mineral substance in just the proper form to supply that need. If you will follow this system without attempting to amend the laws of nature but by gladly falling in line with nature's methods, then you are not going

to be disappointed no matter what your health problems may be.

It is a wonderful hope. It is a great expectation. It is a tremendous plan, and you little realize how this thing will grip your life with enthusiastic devotion and how glad you will be to fall in line with nature's method when you have proven out that nature is your best friend. You owe your life to the fact that nature has preserved you. You do not need to depend upon the skill of any other individual when you learn this system. The same Infinite Being that created your body has adjusted all of these laws of life so that you can easily learn how to take care of your body, and therefore, the Mineral Food System becomes your great hope. You can build and preserve a comfortable, strong body organized perfectly and working efficiently. The most important task of your life becomes the task of finding out how to properly feed the cells of life on which you depend.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

LOOK AT YOUR FOOD

CHAPTER 4.

You have a wonderful body and it is made out of the dust of the earth. The vegetable kingdom has made that dust over in such a way that those minerals or dust become the food to maintain the life of your body, and we have tampered with those foods in such a way as to destroy their natural content. When civilization becomes tormented with all manner of diseases we go around with our faces drawn in terror and the agony of a lost hope and wonder why we are sick.

WHY THE WORLD IS SICK

How the world does hate to admit the real cause of sickness. We would rather believe anything than that health depends on what we eat. We absolutely demand that we be left alone in our eating, drinking and smoking habits. We are supersensitive about these privileges. We live to eat, drink and smoke, "For tomorrow we die." We would rather go without a drink of water than use a public cup, and we will wear a gas mask to keep out germs, but please do not ask that we think of anything when we eat except "IS IT GOOD?"

And yet, the plain, simple logic of the statement that natural animals to be well must have a natural

food is apparent. All animals living natural lives and eating natural food are known to be disease free. Man, standing at the apex of all living creatures, has changed his food completely. Man eats nothing that is natural. Is it any wonder, therefore, that man leads the entire list of living creatures in disease?

WHAT IS NATURAL FOOD?

By natural food I mean a food that is just as it is found in nature. Wild vegetables, fruit, or meat, would be natural food. But all of the fine arts by which man has so skillfully taken away wild flavors and has made the food soft to the taste and the teeth has had the effect of *removing from the food those natural elements which are the very things man needs in order to be a strong, natural animal.* By demanding a soft, delicious food, we are building soft, weak bodies.

We have been taught the wisdom of the gymnasium as a recompense for the change we have made in departing from the free, open life of the primitive man to the sedentary life of the sophisticated man. We do not claim that the gymnasium is as good as the woods and the prairie from the standpoint of exercise, but we claim the gymnasium is the necessary substitute of civilization, for the woods and prairie. The Mineral Food System of Health is the same sort of relief. Man will never again eat a natural food. *Mineral Food* supplies that which has been lost in refined food just as the

gymnasium supplies the loss of primitive man's exercise.

FOOD REFORMS

Some splendid efforts are being made to reach the health goal by teaching dietetics. *But, the evil effect of eating unnatural food cannot be overcome by simply changing the manner of eating unnatural food,* and this is the only thing dietetics aims to do. No matter how skillfully the menu is arranged the food is still unnatural.

UNNATURAL FOOD

Take a look at your food and see how unnatural it is. You do not want wild cherries, for they pucker the mouth and are mostly seeds at that, but you demand a nice, soft, rich, tender, juicy, sweet Early Richmond cherry. You do not want wild lettuce, but you demand a nice, tender head of lettuce. You do not want wild chicken, for it is tough and has a wild twang to the taste, but you want a nice, tender fat White Wyandotte. If your meat cutter gives you a strong, tough steak from a wild Texas steer, you will trade across the street, for you want a nice, tender steak taken from the loin of a white faced Hereford steer that has been killed before he was a year old.

Everything you eat has been taken just as far away from its natural state as the ingenuity of man could take it, and you demand that it shall

be soft to the taste and teeth. This means that it shall be weak. Chickens that have been raised under unnatural conditions and eat unnatural foods have diseases unknown to the wild fowls. One wild steer could kill a carload of these beautiful, fat, "black leg" steers. When we insist on eating soft, tender meat from animals that have been bred away from their natural form and live unnatural lives in soft muddy corrals instead of the life on the hills, and eat unnatural food that builds flabby fat instead of strong, tough muscle, and are, therefore, subject to disease, how can we expect to have bodies that are properly nourished, healthy and strong?

UNNATURAL MILK

I am frequently challenged to show that milk is unnatural. It would be natural if the cow lived a natural life, and ate a natural food, and gave a natural amount of milk. But none of these things are true of the modern dairy cow. "Old Speck" or "Brindle" was fairly natural, but I have not seen one for years. Our fine thoroughbred milch cows are wonderful creatures from the standpoint of man's creation, but they are not natural animals. They are not fed a natural food, for they do not pick their living on the hills, and they do not give a natural amount of milk, such as just enough to feed the calf.

The dairy cow is a milk and butter fat machine, whereas nature intended the cow should only feed

her calf. We are not going back to natural cows, for that would be impossible from the standpoint of producing a cheap milk at a reasonable profit. The dairyman is not to blame in this. It is part of the great scheme of civilization.

Like all other food problems, no one is to blame except that we are all to blame. The cow is fed a diet that is known to stimulate milk production, and it works so well that it breaks down the health of the cow and she has T. B. Then we kill the cow and pay the owner for his loss. How long will it take to stamp out T. B. by these conflicting processes?

COW'S MILK NOT FIT FOR PIGS

Our veterinarians have discovered that pigs die when fed on cow's milk because it is deficient in lime. Why should we be surprised when our babies die on a milk diet that is not fit for pigs? But this can be easily overcome by feeding the baby Mineral Food.

Nature demands of motherhood that she sacrifice for the sake of her offspring, and in response to this law, the cow gives up unnatural and impossible quantities of lime to meet this demand in her milk and hence her own strength is sacrificed and the cow is subject to disease. When the cow becomes deficient in lime, which has been sacrificed under the natural laws for preserving her offspring, then her lung tissues lose their health and

strength and are sloughed off. Nature has provided for all such waste matter to be consumed by germs; hence, we have T. B. If these T. B. cows are taken away from the strain of dairy methods and are permitted to live a natural life in the open air on the hills, they have been known to get well just as some of our T. B. human beings have been cured by rest, fresh air, sunshine and careful feeding.

In the meantime, after the cow has done her best to properly mineralize this vast amount of milk she is compelled to give, it is still found to be deficient in lime, and hence, babies and even pigs find it hard to survive on such a food. The baby needs lime for its bones and its lungs and for its entire body. The baby does not die because of a germ in the milk, but because of the lime that is *not* in the milk.

The government of the United States imported goats from Switzerland and other countries, and broadcasted the information that at last an animal had been discovered that was immune to T. B. The goat was to be a great life-saver for invalids and babies. But, our American stock breeders gave the goat the same treatment they had previously given the cow. Wonderful milk records have been produced from goats, but the information is now being released that the goat is not immune to T. B. as was supposed. Strange, isn't it?

WHAT SHALL WE DO?

Shall we go back to natural food? Shall we change dairy methods? Shall we stop raising fine stock, fine fruits, fine garden products? That is hopeless. There are some who advocate food reform, but any worth while food reform must lead back to nature. The tendency is not that way. I want nice food at home and abroad and so do you.

We are not going back to natural wild food. A bill was introduced in the Legislature of Nebraska to authorize farmers to raise fish for the market in their natural or unnatural ponds. Now, fish is about the only natural meat we have these days, but if this bill had passed it would not have been long until we would have had Short Horn Cat Fish or Golden Spangled Wyandotte Trout. No, we are not going back to natural food. We have gymnasiums to provide the exercise we lost when we left our natural outdoor life, so why not a Mineral Food to supply the mineral deficiencies due to all of these food changes we have been taught to insist upon.

WE DUPLICATE NATURE

But, it is said that we cannot get minerals into the body except in the natural food way. This was true until a way was found to duplicate nature's methods. The mineral elements, or the dust of the earth, are the essential needs to all forms of animal life, and nature's device for getting these minerals

into animal cells or tissues, has been to use the vegetable form of life as a vehicle. The plants reach down into the earth and take the minerals up and build plant cells, and this becomes the food for the animal kingdom. Hence, these forms of life provided a vehicle for the mineral content.

We cannot chew a nail and get iron, nor eat chalk and get lime or magnesium into the cells of the body. Therefore, the minerals in a concentrated form are not natural to the body, but would be injurious in any other form than as nature intended. The thing that has made the Mineral Food System of Health possible, is that a way has been found by which nature's processes have been duplicated. A process has been discovered by which it is now possible to use a natural vehicle for the minerals needed in the body.

A MINERAL FOOD DISCOVERED

Sugar of Milk has been found to be a perfect vehicle for the needed minerals. It is such a perfect food that it will not harm the weakest invalid or the youngest babe. Our Mineral Food is in such a form that it does not need all of the digestive processes other foods must have. After this milk sugar has been demineralized, it is put through mechanical and chemical processes in such a way as to carry a fine, small stream of the mineral elements of which the body is made and must have for health and strength. The result is a product that is correctly named when we say *Mineral Food.*

It is a mineral in a food form, that can be used by the body because nature's laws and processes have been duplicated for the benefit of man.

WHAT ABOUT DIET?

In the meantime many honest investigators who have sensed the fact that unnatural foods were breaking down the health of the world have attempted to overcome this difficulty by arranged food programs and we have many systems of dietetics that have been promoted for which great claims have been made. It is claimed that wonderful things happened through some of these systems of dietetics, and I have been appealed to from many quarters to promote some system of food that will be helpful and I want now to discuss some of the reasons that all such systems are not more advisable under all circumstances.

As has been said before, you cannot overcome the evil effects of eating an unnatural food simply by changing the manner of eating it, and that is not all. It is not always advisable for anyone to make a radical change in his food program. You are a part of the great scheme of nature. You are living today as the result of the sifting out process that has been going on in the human family throughout the centuries that are passed. Food habits have constantly been changing. In every generation multitudes of individuals have passed away unable to live under these food changing tendencies. It is the case where the strong sur-

vive but the weak perish. The human family is living under the great law of the survival of the fittest, just as every other form of vegetable and animal life has been subject to that law.

We have done many things we think to overcome that law by systems of treatment and sanitation, and yet the law is in operation, and all of this means that you are here because you have adapted yourself, and your ancestors did the same thing before you, to the food habits by which you have been compelled to live.

THE GREAT WAR DISEASE.

At the time of the last great war it became necessary as a war measure to make a radical change in the food habits of America. No nation on earth had cultivated the taste for sugar and sweets to the extent that we had done in America, and all at once the great motive of patriotism was put in motion to compel the enforcement of the edict which required that we should all forego the use of sugar to the limit of possibility and then all at once the world was amazed to find that an epidemic swept the country. This epidemic was given the credit for destroying more human lives than were destroyed by the direct evils of warfare, and there seemed to be a sensation of amazement about this new disease. And yet if any such program should be enforced again with regard to any element of your food it would be just as dangerous as that war measure proved to be.

This is due to the fact that when your body has accustomed itself to any direct line of eating, it will work a change in all of the habits of your body, when you change the program of your food. If your mother and father before you and your ancestors before them had developed along a certain line of following certain foods as a habit, then you have established a degree of efficiency in handling these particular foods, and to interfere with those processes by changing those foods cannot be done without the danger of upsetting the whole health and strength program.

If there is any food that you are eating that distinctly disagrees with you, common sense dictates the necessity and advisability of leaving off that food. In a general way it can be said that those foods that are distinctly high class from the standpoint of refined society are not good for the health. Rich foods, pastries, candies and all of those things that are extremely tasty, are always detrimental when used to excess, and it is common knowledge that this is so. It is also common knowledge that the common foods are the best foods. It is impossible to go out in the market and buy a natural food, but anyone who can follow the program of sticking as close to nature as possible and getting as natural food as possible is doing the best he can for his health.

There may be some merit to such a food as whole wheat bread instead of white flour bread. But simply to eat whole wheat bread will not over-

come the deficiency, for even the wheat is not a natural wheat but it is an imported article due to the demand of the farmer to grow a large number of bushels on an acre of ground. There is no way to get a natural food, and yet if anyone wants to particularly study his food, he can do no better thing than to get as close to nature as possible, not only on bread but all foods. The green vegetables that are on the market are just as good a food as can be found, but the lettuce that you grow in your own garden is bound to be superior to that highly specialized, hothouse head lettuce so tender and juicy. And these are the rules that are bound to prevail for good. The closer you can keep to nature the better the food.

DIETARY PROGRAMS UNSAFE

If I were to promote any system of directing your food habits it would be wrong. I have been asked many times to do this. I have been besought to give my endorsement to some particular food fad or hobby, and it has even been suggested that it would be to my profit to do so, but in view of the foregoing facts I consider it my duty to declare only such brief and easily understood principles as those above given.

Those individuals who make such enthusiastic statements about some system of dietetics are peculiarly fortunate. I have seen some individuals who have adopted some food hobby and found that it worked havoc and that it was not beneficial

but that it was even harmful, and the reason is that it is never safe for anyone to make a radical change in his food habits, for if he does his body must become adjusted to the new habits, and in some instances that is not easily done and it might even cost a life.

The plain simple fact of the business is that all of our food is wrong, and it is wrong because the minerals are either deficient in the food or else have been destroyed by cooking processes or else the minerals that are in the food are not naturally attenuated for the nature of the animal or the vegetable has been changed under man's desire or economic prosperity. Our food is commercialized, and, therefore, it has been made to yield to commercial devices. No one is to blame except that all of us are to blame for that is the kind of food we demand. The only truly successful device for meeting this need is to learn how to recompense nature the Mineral Food way.

OUR WAY WINS

This is the firm foundation upon which the Mineral Food System of Health stands. You need to be sure and to know that you have an article furnished to you that is good and true to the best processes of duplicating nature. When that is done, you can do no better thing than to learn how to supply the need, and then all you need to do is to eat what is set before you wherever you are, unless you know it is something that distinctly

disagrees with you and meet the deficiencies in your food by following the Language of Nature, giving the body the mineral content in a food form that has been worked out in the great plan by which nature is perfectly duplicated.

And then this other great hope is offered. As you build your health, you will gradually find you can eat most anything, even some of those foods that once disagreed with you. I have frequently seen letters from our members to the effect that before they began to use the Mineral Food they could hardly eat anything, but had to confine themselves to the simplest kinds of food, but they now say, "I can eat many things that used to be as indigestible as carpet tacks." In my own experience there were years that I could not eat strawberries. In the strawberry season it was a constant source of temptation and aggravation for I craved that fruit. After I had built up my health the Mineral Food way, the time came when I could eat as many strawberries as I desired.

BE STRONGER THAN THE WORLD ORDER

You are a part of this great world. You need to live in the world and to be a part of it. You cannot always direct your food for when you go to the hotel or restaurant or when you are being entertained you must eat what is set before you. One might almost as well be out of the world as not be a part of the world. By this method of meeting the demands, there are hundreds and

thousands of people who learn to their great satisfaction that the problems of life in the way of health have been splendidly solved, and it is no wonder that they are shouting the praises of the system that brought to them and to their loved ones such a feeling of security, such a sensation of complete mastery which enables them to realize that no matter what happens they are going to be equal to the emergency for they know how to meet the demand. If you have not already done so, you will surely line up with this enthusiastic, happy and healthy group.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

THE HEALING POWER OF NATURE

CHAPTER 5.

Throughout the centuries past the "Healing Power of Nature" has been recognized as a governing law, and has been expressed by the Latin phrase *"Viz Medicatrix Naturae."*

Honest, sincere, investigating men in every generation have strained and struggled with the problem of uncovering the mystery of that law. All groups of the different systems of healing have realized that if the *"healing power of nature"* could only be perfectly understood a wonderful forward step could be taken. What is the healing power of nature? There has been a pleading cry from every source for a true answer to this question.

Self-sacrificing and high-minded men have tried to uncover this law, but so long as the plan was followed of naming diseases and applying unnatural methods for healing those diseases, that law was evasive, out of reach and could not be understood. The Mineral Food System of Health reveals the meaning of that law.

The body is wonderfully made, perfectly automatic in its adjustments, and will be well and strong if it receives those necessary substances for life in the cell. Sickness and disease are due to

the fact that the natural substances necessary for life in the cell are not there in the proper form or the proper amount. What could be more natural than when these substances are supplied *"the healing power of nature"* will begin to take effect in a wonderful way, and all at once the mystery as to this *"healing power of nature"* is revealed.

NATURE CANNOT FOLLOW UNNATURAL DEVICES

The fact that men have not been able to cure diseases by unnatural methods should not surprise anyone. Nature cannot follow such devices and should not be expected to do so. And yet, the old idea of finding the name of the disease, and then seeking an unnatural remedy for that disease, has fixed itself so strongly in man's habit of thought that it is extremely difficult for all of us to get away from that method. There is no hope promised in the Mineral Food System of Health unless you are willing to brush your mind free of all of these unnatural ideas, so that you can begin to depend on nature's laws as they are made clear to you by the Language of Nature.

Men have been bewitched with the idea that diseases attack the body from some outside cause. In ancient days it was thought to be a devil, and now it is thought to be a germ. Germs have a bearing because they feed on the decayed substances that are being discharged from the body, but when you begin to see that all abnormal dis-

charge conditions arising in the body are due to a deficiency of the elements needed for the chemical vibrations of life, then the germ theory begins to lose its hold and the complete answer for the great question, "what is the healing power of nature?" begins to unfold. We will now proceed to discuss that *"healing power of nature,"* how it works and what it does, and then you will see the sound and solid rock of truth upon which the Mineral Food System of Health is based.

YOUR CELLS DEPEND UPON YOU

Every cell in your body is fixed in its place and is given a particular task to perform. It is required to work and toil for you. It cannot get out to seek its own food, but must depend upon you for that food. Your body has a wonderful organization for providing that food. The digestive tract and the bloodstream are the chief agents, and become the transportation facilities, so that the food may be properly prepared, broken up, changed in form and transported from the outside of your body back to the cells of life. You cannot force the food back; but it will go back in its natural way if it is in the right form, just as it is needed. You need not think about it, nor labor over the problem. It is all arranged for your well-being if you will only learn to *let your body alone.*

These processes are properly made and properly adjusted and never should be tinkered with, but

you are constantly led to tinkering with these adjustments by the false notions, for which you are not to blame, which have been impressed upon you.

SENSATIONAL LIVING

The secret, as well as the open, sins of the world are sins of seeking sensation, and many of the sensations that are not good are not looked upon as sins. Pleasure-seeking devices are all followed for the sensation of pleasure, the exhilaration of fun. The child goes to the picture show and when he comes out he wants to go to another to see if he can get a bigger sensation. We strive for more money to get a bigger life as we say, which means a life with a bigger sensation. The digestive tract has become the prey of appetites for sweet sensations. It is impossible to get food that is good enough to suit the ever-changing appetites of civilization.

Appetite, instead of being a normal craving of the cells for food, has become a highly cultivated unnatural method of satisfying the habits of taste for ice cream and cake, with delicious pastries, candy and soda water, and we teach one another that it is all right, and fair and square, and yet it is this craving of unnatural appetite for unnatural food that is breaking down your health.

It is not the sensation that is doing the harm except in an indirect way. The difficulty is not

simply due to the fact that the food tastes so good, but it is due to the fact that all methods and processes by which we have developed these delicious foods have caused us to make those foods so unnatural and so deficient in a mineral content that can be properly used by the body, that the cells of the body are not being fed, even when the stomach is full.

No better Coueism could be given to the world than to get folks to say "I am feeding my stomach, but starving my cells. Feeding my stomach, but starving my cells." That is the thing we are doing, and if the world could only be convinced, a tremendous good would result.

The bloodstream is dependent upon the food supply. The mineral elements upon which the cells depend for their life are carried in the bloodstream—not just one of the mineral elements, but all of them. If any one of them is more necessary than another it is that one which we call Lime Phosphate or Mineral Food No. 2.

THE MINERAL MOST VITAL

This mineral is *vital to life* because it is the base of the bloodstream. The white blood corpuscles, which are extremely important in the functions of life, are dependent upon this Lime Phosphate for their well being. The blood plasma, which carries to the cells the elements of life, is likewise dependent upon this mineral. Chemists know that Lime Phosphate has a very defi-

nite chemical affinity for the organic substance known as albumen. Meat and eggs are the chief albumen foods.

The blood plasma cannot be supported and maintained without that mineral which has this chemical affinity for albumen. If the albumenoids reach the bloodstream without coming into immediate contact with this mineral they become inert and useless, poison the bloodstream and destroy the life of the entire body and, therefore, such inert albumen must be disposed of, for the first law of nature is to preserve its life.

Under the laws of nature this albumen that is inert and useless will pass out in the most harmless way possible. Therefore, some very delicately organized *membrane* peculiarly suitable for the discharge of albumen will first be resorted to. If that albumen passes out through the nose that it may not poison the bloodstream and contaminate the most precious of the transportation facilities of the body, then we say we have catarrh. And if this process continues and becomes chronic, the world has been taught to fear that some other more terrible thing will occur, and that tuberculosis might set in, and immediately a method is sought to stop that discharge.

CURING CATARRH

If anything is done to shrink up the membranes or destroy them so that they cannot discharge the albumen, or any unnatural method is followed,

as squirting high power substances up the nose as a means of curing catarrh, it is a positive and dangerous interference with nature's great law which we have expressed in the words *"the healing power of nature."* Catarrh is nature's method of preserving the life of the body by saving the bloodstream from contamination. Therefore, many methods of curing catarrh defeat this great law *"the healing power of nature."* The only natural method of stopping this albumen discharge is to provide the needed mineral so that the albumen may be energized and active. This method is the Mineral Food Method.

If nature's method is defeated then the body must find some other way to discharge this albumen. There will be catarrh in some other organ after the nasal catarrh has been cured(?). Then you have catarrh of the stomach, and when that is cured (?) there is catarrh somewhere else because nature is constantly seeking another method of saving the bloodstream. And catarrh arises in one organ after another because the albumen must pass out in as harmless a way as possible, but if these less dangerous methods are constantly prevented by unnatural treatment then finally the kidneys must pass the albumen out in the urine and then we hear the awful words "Bright's Disease," which is supposed to be a fatal and incurable disease.

But even this should be understood as nature's method of attempting to prolong life, for under

the first law of nature to save its own life it is better to have "Bright's Disease" and die slowly than to poison the bloodstream and die immediately, and this is the way the law known as *"the healing power of nature"* operates to prolong the life. It is positively dangerous to cure (?) catarrh in any unnatural way.

And yet all of this time the healing power of nature is working in other ways that are wonderful to behold. The great need of the world is to begin to have faith in the laws of nature. Learn how to give your body what it asks for. While these natural devices are going on other conditions will prevail which are due to the fact that the body is trying to heal itself and that the laws of nature are working to preserve the life. Yet all of the time we have failed to understand the meaning of the things that we have observed going on within us.

NATURE'S CHEMICAL LABORATORY

The human body is a wonderful chemical laboratory—more wonderful than any chemical laboratory in any University. There is lime in the body in other forms, and because this form of phosphate becomes so necessary, chemical changes are brought about in such a way as to supply the need.

The body has lime in the form of a fluoride. This fluoride is cancelled out to leave the lime free. The body has phosphorous with other com-

binations, such as Potassium Phosphate, and this potassium is cancelled out so as to leave the phosphorous free, then the free lime and free phosphorous come together and supply the *Lime Phosphate* so necessary to the bloodstream. And because the bloodstream is so important Nature's laws work in such a way as to deprive other organs of the body not so immediately necessary to life in order that the bloodstream needs may be supplied even at the expense of the comfort and efficiency of other parts of the body.

In order to assist you to visualize the above statement the following illustration is offered:

Lime ~~Fluoride~~—(Cancelled out).

(Cancelled out)—~~Potassium~~ Phosphate.

Lime Phosphate—(Is Supplied).

The teeth are very necessary from the standpoint of comfort in the mouth, beauty to the face and for chewing the food, but not nearly as essential to life as the bloodstream, and, therefore, nature requires the teeth to make a sacrifice for the emergency needs of the whole body. This lime in the fluoride form is the mineral that builds the enamel of the teeth, and when the teeth are deprived of this mineral for the sake of the bloodstream, the teeth decay.

We have the very common expression among mothers that they lose a tooth with every child they bear. Under the experience of pregnancy

and child-birth, the need of the babe for lime to build bone and other cells becomes so great and the food supply is so deficient that the teeth are called upon to sacrifice as explained above, and this common experience of motherhood is better understood in the light of these natural laws.

THE FIRST GREAT LAW OF LIFE

It is the effort of that law of life which we have expressed as *"the healing power of nature"* to preserve the life of the entire organism by causing those organs not so essential to life to sacrifice for the benefit of the entire body. The first great law of life is to preserve itself. It is recognized in all nature. It is recognized even in the laws of man, for self-defense is a perfect defense if it can be proven in a murder case. All of the laws of life depend upon that law of preserving life as the first great law, and then this other law, *"the healing power of nature"* becomes the method by which the first great law does its work.

FLABBY DISEASES

But the teeth are not the only parts that are required to sacrifice for the benefit of the whole body. Lime Fluoride builds and maintains the cells which we call the *elastic fibre* of the body. This fibre is very similar to rubber. It will stretch and it will contract, and it is these cells which give tonicity to the muscles. Your muscles depend upon these rubber cells for their ability to contract.

When this Lime Fluoride becomes seriously needed as a means of supplying the greater need of this vital mineral for the bloodstream, and must be taken out of the different parts of the body in order to make the sacrifice for the well being of the whole body, the rubber of your body becomes soft and flabby.

Perhaps you have piles. If so, it is simply a sagging muscular tissue. Which is the better thing to do: cut it off and throw it away, or feed the body what it is asking for when you have these sagging, flabby rubber cells and build them up and make that muscle strong? Hundreds of Mineral Food people have proven the truth of this theory. It is another expression of *"the healing power of nature."* One part of the body is called upon to sacrifice in order that the general life of the body may be maintained.

If the piles are removed, then perhaps the next thing to suffer would be the muscular walls in the veins of the leg, and they become flabby and we call that varicose veins. Shall we cut them open and take out a slice, or will it not be better to feed the body what the body is asking for when it tells you by these sagging conditions that you need Lime Fluoride to build the elastic fibres?

And then after the varicose veins are tightened up by some violent and unnatural method which does not give the body what it needs, perhaps the next sign of a deficiency of this mineral is a rup-

ture and another operation may be performed. Then it is the appendix which has gotten all out of shape and out of place, because it is so flabby that it could not be maintained in its proper form; it became so weak that it could not discharge foreign bodies which entered that space, and inflammation and pus ensue. Then we cut it off and throw it away and say it is not necessary to the body. Or it may be a tumor, and so on down the list of sagging and flabby conditions that arise from the crown of the head to the soles of the feet.

YOUR FACE TELLS YOUR SECRETS

The face shows the need, for the muscles of the face begin to hang with drooping lines and we call it the sign of old age, but it is not that at all. It is merely the rubber of the body that is weak and flabby because the body is not being fed the minerals needed to maintain the elastic fibre. Or it may be broken arches, and the bones of the feet sag out of shape and become painful and distressing. Walking becomes a labor instead of a joy, because the muscles of the feet are flabby and cannot support the natural arch of the foot. And all manner of unnatural devices have been used in the attempt to heal these very simple and easily understood conditions when once we begin to see that the real problem of life is to feed the cells instead of feeding the stomach, or that the real thing to do is to build health the natural way instead of treating diseases.

But last of all the valves of the heart may get flabby and the heart cannot force the blood out under pressure, because the valves do not close and the blood rushes back, or we say the heart becomes enlarged, whereas it would be more truthful to say that the heart is soft and flabby and since it is impossible to perform operations on the heart, we complacently conclude that there is nothing to be done but to arrange the affairs of life and prepare to die. And yet there are Mineral Food people today who are gloriously shouting the praises of the Mineral Food System of Health, having won the great victory over so-called incurable conditions above described. Men and women are proving it everywhere.

THE OTHER MINERAL SACRIFICES

But this Lime Fluoride was not the only mineral which was taken from its natural function in the body and made to sacrifice for the more vital needs of the body. There was Potassium Phosphate, lost in the case above, and notice how the *"healing power of nature"* operates along the line of that mineral in the body.

The natural function of this mineral is to build and support in perfect health those cells known as the gray-matter cells of the nervous system. The nervous system is a wonderful thing, and it is a tremendous need, but it is not so vital to life as the bloodstream. Therefore, under the law of *"the healing power of nature"* the nerves are

required to sacrifice that the chemical needs of the bloodstream may be maintained.

The brain cells must have Potassium Phosphate, and if they are deprived, the brain will become diseased, and some of the brain diseases are due to this deficiency. Those who have nervous prostration; women who suffer the tortures of the damned because of their hysterical condition; men who become disqualified in business because they make mountains out of molehills and see things worse than they are, become irritable and fretful, and even those diseases which come under the dreadful classification of insanity, may all be brought about by reason of that deficiency.

You might say that you would rather be dead than insane; and so would I, but in nature the first great law is to preserve life. It is more important under the laws of nature to preserve life than it is to think straight. In some unfortunate cases this loss of mental power is due to the working of the great law which is a blessed law because it saves more lives than any or all of the things that man, in his erring and mistaken way, has ever been able to do.

ANOTHER SACRIFICE

There are other minerals in the body that have a phosphorous base. Sometimes the laws of nature operate in such a way as to take Magnesium Phosphate out of the body in order to produce the cancellation as given below:

Lime ~~Fluoride~~—(Cancelled out).

(Cancelled out)—~~Magnesium~~ Phosphate.

Lime Phosphate—(Is Supplied).

Then the body is disturbed in other ways because Magnesium Phosphate becomes deficient. This is the mineral that builds the white fibres of the nervous system. All of those conditions which we describe as spasmodic or convulsive, such as St. Vitus dance and palsy are simply the outside signs that follow when the nerve fibres are compelled to sacrifice their life-giving mineral in order that the perfect natural law, which preserves life, first of all under the law *"the healing power of nature"* may do its perfect work. For it is better to suffer with these spasmodic nervous diseases than to die a sudden and terrible death, which would surely follow if the bloodstream is poisoned or starved.

Some other phosphate, such as the Sodium Phosphate mineral of the body is compelled to sacrifice in order to make the cancellation as follows:

Lime ~~Fluoride~~—(Cancelled out).

(Cancelled out)—~~Sodium~~ Phosphate.

Lime Phosphate—(Is Supplied).

This mineral, that has the duty in the body of taking care of acid which in some forms are natural and necessary, is the alkali that modifies and

controls or neutralizes the acids of the body, and another long list of diseases such as sour stomach, some forms of female trouble, headaches, gout, rheumatism and the like, are bound to occur when this mineral becomes deficient because it must be sacrificed.

MINERAL FOOD IS NOT SPECIFIC

Do not think now that all you need to do to cure insanity is to supply that Potassium Phosphate mineral; that all you need to do to cure St. Vitus Dance is to eat Magnesium Phosphate; that piles may be cured simply by eating Calcium Fluoride, or that any mineral will cure the diseases named when taken as a medicine. It does not work that way. I am sorry that is so. I sincerely regret that I must say so. I do not say so for any other reason than that it is so. That is not nature's way, and no man can change the laws of nature.

The mineral content of the body is arranged in a very accurately worked out proportion. The minerals must be in perfect continuity as we say, not equal amounts but proportionate. No one was ever deficient in only one mineral, and no one can think of one disease and cure it with one mineral. Mineral Food does not cure disease in a specific, therapeutic or materia medica way. It is not a drug effect at all.

Mineral Food does not go directly to the spot you want it to go and hit a blow at the disease

you are aiming at. You cannot cure disease in any such fashion with Mineral Food, or by any other such method. The Mineral Food System of Health is based on natural law. There is no way to reach these conditions except through the bloodstream. It is the bloodstream that will make the body well or that keeps the body well. You simply feed the bloodstream and allow the bloodstream to move out in just the way it must go under the laws of nature.

Anyone, therefore, who would attempt to follow the statements that are made in this lecture by picking up a mineral mentioned as related to certain diseases and attempting to use it as a specific remedy for those diseases would certainly be disappointed. There is no way to reach that fine result of perfect health except to feed the body every day what it asks for, to select each day that which is most called for, to supply the chief needs of the body and not attempt to treat specific organs by following specific Mineral Food remedies. You must build up the mineral needs of the body in just the right proportion or in a straight line. You must learn how to follow the natural needs, which are so easy that a child can understand when you get started right.

YOU CAN DO IT

The method by which your body keeps telling you what it needs is perfectly described in that part of Munsell's Mineral Food System of Health

known as the "Language of Nature." It is wonderfully simple and it is easy to illustrate. An illustration can be taken from the everyday life of my little seven year old boy.

My little boy came running into the house one day and the first thing he did was to go to the desk where we keep a stock of Mineral Food. I watched him and I saw him pick up No. 6 and eat one tablet. It occurred to me to find out what his idea was, for I knew this boy had never read one single line of the Language of Nature. He has just grown up with Mineral Food in the home. He has no doubt about it for he has seen it work from babyhood. He knows nothing about the theory of the thing. He does not understand any of the principles involved, but he had some reason for taking No. 6 and I wanted to see what it was. So I asked my boy why he was eating No. 6. He replied in his careless fashion, "Oh, I didn't sleep good last night, and I had a headache this morning and I couldn't sit still at school."

How did he know this? We have a rule in our home never to give any of the children any Mineral Food for anything unless it is understood why it is taken and what it is for. That seven year old boy has had these experiences and someone has told him time and again what the Mineral Food was needed for, and he had three calls for No. 6. He did not even know that word nervousness. His older sister with the same syyptoms might have replied, "Oh, I'm nervous." He did

not know whether the name of his disease was hemiplegia, dementia-praecox, paresis or katatonia. He knew nothing about the symptomatology, the pathology, or the diagnostic problems of his disease, but he did know the one all important thing—he knew that he needed No. 6, and if he had known the name of his disease that would not have helped him one bit to know what Mineral Food he needed, and he knew another very blessed thing—he knew that when he used No. 6 properly he always received the benefit.

Mineral Food No. 6 is as you know, Potassium Phosphate, which we have been talking about. It is so simple that a child can understand it. If it were not so, this system would not do the wonderful work it is doing.

A PERFECTLY NATURAL SYSTEM

Mineral Food is perfectly harmless and it is perfectly natural to the body. It cannot possibly do any injury whatever, and when it is used in the proper way it does a wonderful amount of good.

There are many people who get very impatient because they do not understand it perfectly the first week or the first month. If you will take the Mineral Food System of Health and live with it, use it and not worry because you may not understand all about it the first week or month, but will patiently stay with it until you become accustomed to the method, you can learn it, un-

derstand it, and you can win the victory you so much desire.

Earnest and conscientious men in their great desire to master the problem of health have been laboriously looking up Greek and Latin root words to apply to groups of conditions and symptoms as names for diseases, have been seeking for violent and unnatural methods of killing those diseases, have been experimenting with drugs and "monkey wrench" devices, and all of the time have been talking about the wonderful law by which nature heals itself. And here we have shown the reasons, the whys and wherefores, and there is nothing wonderful about it. It is simply the most natural thing in the world because *"the healing power of nature"* is only nature at work responding to the first great law of nature which is to preserve its own life. All of the diseases which have been classified and named, mean nothing at all and have no place in the only perfectly natural system of health ever given to the world. This is *"the healing power of nature."*

The cells of life must have the minerals around which the vibrations of life take place. If the nerve cells, for instance, fail to get their mineral supply they will make their needs known. Hysteria and crying spells, are a part of the Language of Nature, and these symptoms tell all Mineral Food people just when Mineral Food is needed. These nerve cells have no way of expressing the need except to follow the law of their nature

and being. The chief law of the nerve cell is irritability. That is the reason why it is a nerve cell. In making known its needs, it does so by making the symptom of irritability. The elastic fibres make their needs known by showing up sagging and flabby conditions for that is the nature and law of their being. The Language of Nature, the most blessed thing ever given to the world is, therefore, so perfectly scientific that it responds in every respect to the laws of nature.

YOUR CELLS DEPEND UPON YOU

Your cells of life placed back within your body and having no means of getting out of your body must tell you in some form of distress the needs of their being. They toil for you unceasingly and uncomplainingly. If you will feed them, they will never go on a strike; they will never demand an increase in their wages; they will never complain or torment you, but if you, being a victim of civilized society, have responded to the fashions in society by cultivating tastes and appetites that starve your cells, just as I have done and just as all the world is doing, then what can be more natural than that your cells will torment you if you feed your stomach but starve the fountains of life in your body.

REJOICE AND BE GLAD

Your life is not maintained by feeding your stomach. Your life is maintained by getting the

natural elements of life back to the cells of life where the reactions or vibrations of life take place. You must provide these elements if you want to live. If you must live as a part of the world, do as the world does, and eat as the world eats. There is no way to escape except to make the recompense. You must supply the need. If you go to the table and eat a food three times a day which fails to supply that need, you should be glad and rejoice and clap your hands and shout for joy when you find a method has been discovered by which nature's processes are so perfectly duplicated that you can supply to your body those elements that are needed in your body just as your body tells you they are needed, and do it in such a way that the need back at the fountain of life is perfectly supplied, and life and health may then be perfectly maintained.

The great secret of success that goes with the Mineral Food System of Health is due to the fact that we are teaching the world to stop acting as though something is wrong with the body and that we must resort to some strong method of curing the body. You think you must do something quick to get well. But the fact is, that all that anybody can do to get well is just let the body get well of itself by giving it what it asks for. It is perfectly automatic, it is perfectly created and it is perfectly adjusted. It is all sufficient unto itself and all it needs is food. Not oceans of food, not delicious appetizing food, but food that responds to the laws of nature.

The chief thing that you must do is to stop interfering with the health of your body by ridiculous and unnatural things we have all been taught to do which hinder the healing power of nature rather than help it. Your body will tell you by the Language of Nature just what it needs. Your body is asking each day for the things it needs.

I am what men would call perfectly well. I look well, I eat well, I sleep well, and I work hard, but there is never a day but that I am able to sense that there are certain minerals called for by my body, and I take great joy in the fact that I have learned what those simple signs mean, and that I am able to carry in my pocket in a fine form a perfectly manufactured article that duplicates all of nature's processes and enables my bloodstream to pick up an infinitesimal load, a real small, but tremendously important burden and carry it out to the cells of my body to feed my body all of the time just those substances needed for the perfect chemical reactions or vibrations of life. By this means I keep well and strong and fit for the emergencies of life, and you can do the same.

A GREAT NEW HOPE

I cannot help it if these things sound strange. If there were any way to honestly put this truth before you without so many new and strange sounding statements, it would certainly be to my personal advantage to do so. If it seems to be

a new thought to you, be happy. Take courage! That new thought should fill you with hope. If you have tried everything and are discouraged, then hear what our members say about Mineral Food. Watch them get well. Wait as long as you dare. Investigate. Satisfy yourself in any way that you can, but there is only one way that you can completely satisfy yourself and that is to prove it.

You can prove that these things are so. Others have done it. It requires no special scientific preparation. Anyone who can read the newspaper and understand it can understand and follow the Language of Nature. The very fact that you are reading this message proves that you are looking for something new. You have tried the old ways and they have failed. Now that you have found something new, do not be astonished, but reach out and take it for your comfort and healing.

It is a fact that when this thing is once in the home and the knowledge is once imparted in the right way and is taught by the right system and a Mineral Food that is properly prepared is used as it should be, then it works in a wonderful way and it fills the lives of those who have proven it with an enthusiasm that knows no bounds, because in the midst of failure and after many discouragements, the blessed experience of virility, health and strength and a return to usefulness with a hope of life becomes the abundant cause for enthusiasm.

What a wonderful new hope and security awaits you. Mineral Food people feel secure. They learn by proving and experience that the past distress, expense, mental anxiety and suffering is over. They see all in the home strong and well. They began this system with fears and doubts but have come out enthusiastic and say it is better than they expected. The children are more efficient at school. The housewife finds that those duties that used to make life a burden have become a joy. The breadwinner is stronger for his tasks and finds success is coming. Of course they are enthusiastic and if you knew that "the half has never yet been told" you would lose no time. You would prove it too.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

THE MEANING OF PAIN

CHAPTER 6.

The world is suffering. Bodies are racked and torn with pain, pleading for relief. Loving hands bring cold packs and hot packs, and careful massaging helps some; the pillows are smoothed with tender care and everything is done that can be done so far as knowledge has enabled us to go, but all of this is not enough. The plaintive cry continues to plead, until we regretfully shoot into the bloodstream the deadly poison that puts the nerves to sleep. We know it is wrong, but merciful hearts do it, for we cannot stand by and see the loved ones suffer.

What does all of this mean? What is the cause? Why need it be so? If there was ever a time when we need to speak plainly, with absolute honesty and as convincingly as possible, it is when we discuss the wonderful things that we know about pain as revealed by the Mineral Food System of Health.

Your body is made up of cells. Those cells are your faithful servants. Every chemical vibration of your life takes place in those cells. Your life depends upon your cells and your cells depend upon you for their life. They are faithful little creatures. They work and they toil for you. They have those mysterious instincts of nature upon which all life depends. Every part of your body

is dependent upon every other part of your body, and your whole body is dependent upon the intelligent attention you give to the needs of your body.

These cells will never go on a strike. They will never create a disturbance, and they will never cause you any pain, if you respond to their needs and give them only those things that they must have to live and toil for you. They never ask for a hypodermic injection of morphine, or any other high powered drug to quiet the nerves, so that they cannot make the needs of your body known to you. *Such methods must always be wrong.* They do want and they must have the necessary elements of life.

There are many methods by which your cells ask for what they need, all of which point to the minerals or the dust the body requires, and those things are explained in the Language of Nature which is so simple that a child can understand it. These calls for minerals come to you day after day, but you do not understand the calls. You are not to be scolded for that for the knowledge has not been available to you. It has been hidden away with jealous care in the secret archives of scientific literature. For many years scientists have quarrelled about these secrets, fearing that this simple knowledge would reach the world and overturn some mistaken theories about germs and other pathological misconceptions which have become sacred to science because the weight of scientific authority has been given to these misconceptions.

The world has never had an opportunity to learn of these things until this Mineral Food movement began to broadcast the discoveries that had been made for your benefit, but which have been hidden from your eyes while the sand and dust storm of scientific controversy went on.

Every cell in your body has its special needs depending upon the special duty it must perform. Notice now what Mineral Food No. 1 does in your body, and then you will understand just what must happen in the cells of your body when that need is not supplied. Then there can be no doubt in your mind as to why the Mineral Food System does such wonderful things, for you will see that it is so natural that it must be so. Pain is one way nature follows of telling you what your cells need, and the wonderful thing about it is, that all you have to do is to learn to understand what your pains mean and supply the need and the pains will stop. The reason Mineral Food people are so enthusiastic is that this is the only "honest to goodness" system of health ever offered that is really based on natural law.

THE NO. 1 PAINS

Calcium Fluoride, Mineral Food No. 1, builds the elastic fibres of your body. These are really rubber cells provided by nature to make your muscles strong. They build up what we call the tonicity in your body, which gives to your muscles their power and makes them hard and firm. For

without this elastic fibre or rubber you would be as helpless as a jelly fish. This elastic fibre is built by Mineral Food No. 1, and you cannot do your work unless this elastic fibre is sustained by that mineral upon which it depends.

You go to the table three times a day and eat a delicious food which is perfectly sanitary, but does not contain the minerals in the right form even if the minerals are there, so that there is a wastage and you do not get what you need. Then, of course, the cells will be deprived of that mineral on which they depend.

In that case the elastic fibre, or rubber of your body, will become soft and flabby and will not have the strength and pulling power to give the muscles contractility, and your cells will tell you about this need by all of the signs in the Language of Nature, and you will notice the muscles are flabby and your face will have those drooping lines, or you may have piles, which shows that the muscular walls of the rectum are flabby. Female trouble, or falling of the womb, is a case of flabby muscles which fail to support that organ. Every flabby condition in the body is due to this cause.

These signs keep coming to you for months or years and you do not understand, and it goes on until after a while your need becomes so great and the deficiency is so desperate that nature is required to resort to some method which is akin to torment. It is an act of mercy if you understand what it means. Your cells are starving

with your stomach full. The food may satisfy your hunger, but if it does not satisfy the cells of your body then your life is in danger, and don't you want the laws of nature to warn you by hurting you when your life is in danger? Then what sense can there be in doing as you have been taught to do when you put the nerves to sleep to stop the pain?

These things have been going on with you until something had to be done, and at last you have what is described in the Language of Nature as a dragging, sagging, bearing down pain. What could be more simple? What could be more true to the facts? What could nature do that would be more of a blessing to you than to give you a timely warning of impending danger? There are many things far more dangerous than pains. If your heart gets so flabby that it cannot do its work you will die. If your blood vessels in the brain get so flabby that they break you will have apoplexy.

If you ever see a man walking about with his back bent over and hear him complain about lumbago, which is a sagging, dragging pain in the back, because the elastic fibres are not able to support the muscles of his back, or the muscles that support interior organs in the lower abdominal region, then you notice he bends over, because by doing that he stretches the muscles out and relieves the pain by overcoming in this way the sagging, dragging conditions of the muscles of his

back. But he keeps stooping further and further until he bends almost horizontal to the ground, and many an individual has become deformed because of a perpetual condition like this. Why would it not be better to restore the tonicity of the cells by feeding the bloodstream the thing your cells are calling for? The simplicity of the Mineral Food System of Health is surprising. We have said time and again that it is so simple that a child can understand. Is there anyone who is able to get along in the world in an ordinary way who is not able to know when he has a sagging, dragging pain?

Have you ever seen womanhood tormented by sagging, dragging, bearing down pains which we call falling of the womb? What sense can there be in cutting the muscles and sewing them up shorter in order to pull the parts up where they belong when all that is needed is to supply the bloodstream with that food the elastic fibre cells are calling for? They will pull these parts back into place, and do it in a comfortable way without loss of time and the whole body is benefited while this is going on for other flabby conditions of the body are also strengthened.

Have you ever experienced the mental anguish and anxiety in the presence of poor suffering motherhood when afterpains torment the suffering mother when she needs rest and comfort after delivery? It is nothing except nature's effort to draw the parts back in place. But when the nec-

essary minerals to make the elastic fibres strong are not there, then the parts cannot contract. The only reason it is more likely to happen with the second or third child is that the mother is more likely to be deficient the more often she bears children.

The laws of nature compel motherhood to sacrifice for the benefit of the offspring. It is a beautiful law, but it causes much suffering, not only to the mother, but the infant suffers too. It is not only a problem of the food being deficient, but it is also because the mother was required by nature to supply the babe which lay close to her heart this lime mineral so necessary for the perfect development of the new life, but which was also necessary to her own well being.

It does not matter whether this sagging, dragging pain is in the gums around the teeth, which have become flabby, nor does it matter if it is an appendix that is flabby, the liver that is enlarged, a kidney that is "floating" (?), varicose veins, or any other sagging, flabby part. It is always the same thing. Wherever there is such a condition it is a call for Mineral Food No. 1, and our Mineral Food members know it well, and they also know to their great happiness that this is more than theory, for they have proven that when nature has been supplied and the body is fed through the bloodstream the Mineral Food that is made so fine that nature has been perfectly duplicated, then these pains cease to torment them, be-

cause the faithful little cells of their bodies who work and toil for them seem to say "Thank you," and go about their work in a perfectly comfortable fashion and leave them alone as soon as the need is supplied.

THE NO. 2 PAINS

You have cells in your bloodstream which you call white corpuscles. They are peculiar looking little creatures looking something like this

or they may look like this, or this cell above may change its form as shown by the dotted lines.

They have a peculiar form of movement. They have no feet upon which to travel and they have no method of pushing themselves along, but they can change their form as shown above. They may look different at different times. This little cell moves by sort of slipping out of itself and then into itself, seeming to go slithering along, and above is indicated the possibility of this movement as shown by solid lines when the cell is at rest, and by dotted lines indicating how it has gradually moved out of itself and yet into itself, and by this means it moves along.

These cells are faithful little creatures. They live and they toil for you. They are loyal and true. If you treat these cells fair and square by feeding them what they need they will do nothing to torment you. Their life depends upon you and your life depends on them, and all they ask of you is that you provide their food for them, for they cannot leave your body and go out and seek their own food. If you select your food to appease your cultivated taste for sensations, and eat a food that starves these cells, they will remind you of their needs by the only natural method at their command. Billions of these cells will begin to move and work hard, for they are hungry, and you will have creeping and crawling or slithering, quivering feelings. You may feel that in your knee, or you may feel that on your arm, and it may not hurt very much, but you did not understand. If you do not supply their needs and the deficiency becomes greater and the need becomes a desperate one, then finally they will make a stronger appeal, and it will become stronger and stronger until at last it takes the form of pain, and you have learned to complain and to say "Neuritis," or perhaps you have called it neuralgia, or perhaps you have said it was rheumatism. It does not matter what you call it. The name of the disease does not matter and does not help you one bit. You stand it as long as you can, and then you take something that is dangerous to your life even though it may be said that it is perfectly safe.

If you do not respond to the needs of these little cells after a while you feel a creeping, crawling, grinding, tearing, slithering, quivering, fluttering, tingling pain.

The cell is not tormenting you for any other than a perfectly natural reason. It has waited patiently for you to supply its natural food so it could work and toil for you. It responds to the highest instincts of nature which is to save its own life. If you were to get hungry would you not move about and be vigorous about it as long as you could move? Have you ever read how poor, starving refugees walk and walk because they are pursued by an agonizing hunger that will not let them alone, and never stop walking until they drop in their tracks and die? Your own cells follow that same instinct. By instinct they know when their lives are in danger and when they suffer they express their agony to you in a way that is natural to their being. When they hurt you they are only loyal to you, for they are warning you of their needs. They express their agony to you by compelling you to share their agony with them, and hence that uncomfortable sensation which torments you and which you call a pain. This is a part of the Language of Nature and surely it is perfectly natural.

Why should it seem strange to say that if you feed these little cells the food they must have to live, and work, and toil for you they will go about their work, happy and loyal and they will cease to torment you?

So far as we know there is no distinct pain call for No. 3.

THE NO. 4 PAINS

This mineral is iron. It is the iron on the red corpuscles that carries the oxygen back to the cells. When the body is deficient in iron it becomes impossible for the cells to receive the proper supply of oxygen which they must have to live. Inflammation and fevers are the indirect result of insufficient oxidation, and there will be various local symptoms of congestion or stoppages with sore or inflamed regions where it becomes hard for the blood to pass through on account of the congestion. Because of the congestion and soreness it hurts you to have the blood forced through and each beat of the heart gives you a pounding, throbbing, hammering, beating pain. Burns, scalds, cuts, and wounds of every sort are emergencies when the first demand of nature is for oxygen, and the pain in all such mechanical injuries is nature's method of expressing its need for iron.

If your cells ever ask you for iron by nature's language of a beating, throbbing pain, and you supply that need the pain will stop, and it does not matter if it is a felon, a toothache, headache or appendicitis, or what the name of the disease may be.

Nothing was ever given to the world so plain, so simple, so sensible and so logical as the firm foundation and the sure possibility of knowing what

the body is asking for as taught by the Language of Nature. What better names could be applied to these conditions than to call them the Language of Nature? Is it not so natural that you can see that it is nature speaking to you? And the pity of it is that nature is crying out loud with suffering and agony the world over and speaking a Language that has not been understood. We have tried to do everything else but the natural thing. We have listened to any kind of a solution for pain except the natural one. The Language of Nature tells exactly what the cells need, and if you answer the call the pain will stop, and why not?

So far as we know there is no distinct No. 5 pain call.

THE NO. 6 PAINS

The gray-matter cells in the nervous system must have Potassium Phosphate or Mineral Food No. 6. If these cells are not supplied there will be nervousness and sleeplessness, and many other signs as described in the Language of Nature. And finally, if the call for help by those signs is not answered and the deficiency becomes great, nature must resort to this last and desperate pain method of letting you know what the cells must have. The pain calling for No. 6 is a lame, achy, pain with a paralyzed feeling. There is no power to move, it hurts to move, and you don't want to move. You are not totally paralyzed but you don't want to move. Such pains are better after you move around a

while and are always worse when you first begin to move.

Anyone who has that kind of a pain needs No. 6. It does not matter what the name of the disease may be. You may call it sciatic rheumatism if you like, but there are many other diseases that have been named for the amusement of man where the pain was nothing but a No. 6 pain, and the pain is characteristic to those nerve tissues. It is a paralytic pain. The cells hurt, and they hurt worse if disturbed and give the peculiar sensation of their nature. There is certainly nothing wonderful about easing such a pain by simply giving the cells what they are suffering for. Hundreds have proven that these things are so and you can prove it just as they have done.

THE NO. 7 PAINS

The function of the No. 7 mineral, which is Potassium Sulphate, is to manufacture the oil that lubricates the pores of the skin in such a way that they open and close automatically as they should. Some of the poisonous waste matters of the body pass out through the skin. If this mineral becomes deficient and these pores close up, then these vapors that should pass out accumulate. They are peculiarly irritating to the white fibre nerve ends that come out to the skin surface which creates a disturbance with those nerves and they tell you about it in the form of a pain and you say that it is a sharp, cutting, stitching pain, but

you also notice that it is a shifting pain, that it jumps about to first one part of the body and then another, which is perfectly characteristic of the fact that the poison is stopped first at one part of the skin and then another and you get the sensation first in one place and then in another.

Is there anything peculiar or strange in saying that when you understand this call and supply the need by feeding the body No. 7, so that the pores of the skin are opened to pass out the poisonous vapors, that such a pain will cease to torment you? Is there anything difficult about understanding that kind of a pain call? It is so simple and easy that anyone who can read a newspaper can understand it.

THE NO. 8 PAINS

This pain is peculiar to the white fibres of the nervous system. These white fibres extend to every cell from one end of the body to another. They are constituted in such a way that they have the power to pass a sensation like a streak of lightning, and are able to carry impressions with the speed of electricity. They are cells containing a nerve fluid which is extremely sensitive.

These cells depend upon Magnesium Phosphate for their life, and when they starve they do the thing that is perfectly natural to their being. It is a part of their instinct to preserve their life, and when you fail to supply the food they must have in order that they may toil for your well

being, then you certainly have no reason to complain if they torment you by the movements they induce because of their starving condition.

The pain takes the manifestation peculiar to this type of nerves and is spasmodic, cutting, boring, stinging, shooting, cramping, lightning like, and it does not matter whether you call that neuralgia or what name you give to that pain. It is merely a natural manifestation of the nerve fibres demanding food; not ice cream and cake; not candy or pie, but the food upon which they depend, the mineral base of their being, Magnesium Phosphate, which feeds and comforts them. Can there be anything strange in saying that if you supply their needs they will cease to torment you and will go about their work, happy and satisfied to toil for you?

THE NO. 9 PAINS

Mineral Food No. 9, which is Sodium Chloride, controls the water content of the body. The lesson on that mineral in the Mineral Food System of Health is a wonderful source of light to any intelligent reader. We cannot go into a discussion of the general qualities of this mineral, but since we are talking on pains we will confine ourselves to that one thing. Did you ever have a dry, burning headache, like those who have hay fever where the water is running out of their nose and eyes because they haven't the mineral that controls the water in the body and at the same time some other part of the body is dry? If your head aches and

it feels like a dry pain it is because there is not enough water there. A dry sensation is the characteristic quality that points out when a pain is calling for No. 9. Anyone can understand that, and is it any wonder that when you supply this need the headache will cease to torment you?

THE NO. 10 PAINS

The function of No. 10 in your body, which is Sodium Phosphate, is to take care of the acid content. When this mineral is deficient the acid becomes irritating. It is natural to have some acid in your body and if this mineral alkali is properly supplied there will be just enough acid and it will be properly taken care of, but when this mineral alkali becomes deficient and the acid collects in any part of the body, then there are many signs that come to show the need. If these signs are not observed and answered after a while a pain call must be set up as nature's way of making the need known. It is a part of the Language of Nature. It is nature crying for help and trying to tell you by signs that are perfectly natural what your body needs.

Did you ever have that peculiar sensation that has been given the fantastic name of "heart-burn," which is nothing but an acid pain in the stomach and aesophagus? Did you ever have a peculiar acid burning in the region of the rectum, when acid was passing through the bowels? Women are frequently troubled with this acid discharge passing

from the vaginal region. Did you ever see the time when you keep blowing your nose and pass out a funny sort of a substance until your nose began to smart and burn? Or did you ever have an acid smarting sensation as urine passed because the urine contained too much acid? This is the mineral that neutralizes the acid in your body, and is it a wonderful thing to say that if you give nature what she is asking for by the Language of Nature, that is so perfectly natural that every function and every pain can be perfectly understood, that nature will respond in a grateful way and stop hurting you.

THE NO. 11 PAINS

The function of No. 11, so far as the pain is concerned, is confined to that peculiar part of the work of No. 11 which has to do with the secretion and proper disposition of bile. If the body is rightly supplied with minerals the bile will be formed in the cells of the liver and passed through the proper ducts to the gall bladder and then out into the food canal at just the proper time to do the work of digestion. But when things go wrong because of a deficiency of the minerals in the body, then that bile is picked up by the bloodstream and it goes out all over the body in a way that is not natural and it is poison to the bloodstream, although beneficial when in the right place.

This No. 11 pain usually occurs in the region of the head. It is preceded by biliousness, dizziness,

a nasty taste in the mouth and other evidences that the bile content of the body is in the wrong place, and all of these things are given in the Language of Nature to show that your body is calling for No. 11 to take care of the bile. If you do not respond to these needs, and these conditions get worse all of the time, at last nature will give a desperate warning and there will be burning on the top of the head, a surging bursting sensation, and the scalp is sensitive because the bile is irritating to the nerves. Sometimes it goes down to the base of the brain along the back of the head and you are tormented until you become sick, and you may kill the nerves with a knock-out blow, but that is not what nature wants. The call is perfectly plain. It is easy to understand. You know what to do if you have the Language of Nature. You answer the call, and is there any wonder that these conditions stop hurting you when you have done the perfectly natural thing made plain to you by a Language of Nature that is so simple that anyone can understand?

THE NO. 12 PAINS

Connective tissue cells are sustained by the strength of this mineral, which is called Silica. The common name is quartz or flint. It is a very heavy mineral and for some reason, not distinctly understood, this characteristic heaviness is the sign of nature when this mineral is needed.

There are many signs in the Language of Nature showing when No. 12 is needed, and they are all

described and easy to understand, and you have these signs day after day for a long time before ever a No. 12 pain would come. If you do not know those signs and allow those conditions to magnify and increase, at last the need becomes desperate and must be supplied, and nature through that wonderful language that has been given to us tries to tell you of the need by setting up a pain call that is perfectly characteristic of this mineral.

Did you ever have a heavy pain, pulling with lead-like heaviness in the arms, legs, back or stomach, or a headache when your head seemed so heavy you could not hold it up, but would drop to one side or would drop like a lump of lead on a pillow? It is different from the sagging, dragging, bearing down pain of No. 1, and though the words may seem similar the pain when once you learn it is not similar at all. The difficulty is to find words to express the sensations that are given. The words used here are as near as we can find to express the sensation. But when this need is supplied and the Language of Nature is followed is it any wonder that such a pain would stop? And yet the world suffers on.

For four years now we have been proclaiming this truth. It sounds new and strange, and the world is not friendly to new and strange sounds. It is laughed at and scorned by some, but there are others who love the system because of the benefits they have received. Throughout the ages past

everything that has been done for pain has been wrong and against nature. Thousands and millions of lives have been sacrificed at the altar of false hopes—lives that have paid the penalty for the unnatural things that are done. The motive has been good, for we have always tried to be merciful, but the pity of it is that the world cannot see that this agony does not need to be. No one needs to suffer who is willing to follow a perfectly natural way by giving to the body only that which is perfectly natural and cannot possibly do any harm, in answer to the calls made plain by the Language of Nature. Whenever any unnatural, poisonous drug or narcotic is put into the body to stop the pain by putting the nerves to sleep, that is a harm to the body. But when the body is fed what it asked for then that natural method not only stops the pain but benefits the body. It is the most wonderful thing ever given to the world for the surcease of pain.

The Mineral Food comes to meet the long felt need of a suffering race. Take it for your comfort and healing. The words of Jesus when he said, "If thy son ask for bread, will ye give him a stone, and if he asks for a fish will ye sting him with a scorpion?" can be taken over and paraphrased now, and we say to you: "If your body asks for Mineral Food, will you sting it with a poison?"

With headaches and toothaches, we groan and complain.
For the body cries HELP! 'Tis the language of pain.
With gout and rheumatics, and other diseases,
We pay for the pleasure of eating what pleases.
Poor mortals we be. We must go with the crowd.
We must eat what the world eats, though ever so loud
Comes the warning of pain, by the great laws of nature,
Which tells just the need of each suffering creature.
Then why do you hesitate? Make restitution;
You never will find such a happy solution
As this that we offer you—right here and now—
We are waiting. We offer to show you just how
You may know; for we teach you a system so plain
That a child can respond to the language of pain.
Don't deprive those you love for one single day longer,
You will feel better, be better, live and be stronger.
The relief you desire you may have if you earn it
For the Language of Nature is yours when you learn it.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

FEEDING THE MIND

CHAPTER 7

Chemical vibrations of life in the gray-matter cells of the brain is the method of making your mental powers a part of your existence, just as chemical vibrations in any other cells of your body make life possible. The gray-matter cells are cells of life and require air, water, and food just as other cells must live by chemical forces at work. Every mental process of thought is, therefore, dependent upon the material substances that make chemical vibrations possible.

The bloodstream reaches every cell in your brain. It carries the air, water and food that is necessary to the life of your brain cell. The mineral upon which the life of these cells chiefly depends is Potassium Phosphate. Other minerals are found in these gray-matter cells, but this mineral is the base upon which these cells must do their work. They cannot be made without this mineral, and they cannot work properly unless they are fed this mineral and the other necessary elements vital to life's processes.

YOUR BRAIN CELLS WORK AND EAT

Your brain cells must be fed or you will not think as you should. Thought is not a spiritual quality independent of all material substances as some

suppose. If the brain cells did not require the necessary elements to their life and the function they have been set apart to do, there would be no insanity. Insanity is proven by the Mineral Food System to be simply a mental condition due to the fact that the brain cells are not properly sustained by the elements that are necessary for their well-being.

Everyone is bothered at times with mental states that are not perfectly normal. Someone has said that everybody is more or less insane. To say such a thing is to stretch the meaning of the word, but if you will consider carefully all of the signs described below you will see that this thought expressed, that everyone has occasional periods when thought processes are not perfectly normal, is in a great measure true. The thoughts of your mind are affected by the absence of the natural elements that go into the life of your brain cells.

MINERAL FOOD NO. 1—MENTAL STATES

Mineral Food No. 1, which is Calcium Fluoride, as previously explained, builds elastic fibre tissues, and even the brain cells must be sustained by this elasticity in the tissues around them, as well as in the walls of the cells, although of course in that case the elastic fibres are infinitesimally small.

It has been found, under the Mineral Food System of Health, that there are mental signs which indicate the need of No. 1, and it is easy enough

for you to investigate and prove for yourself when some of these signs come to you that this is so, for if you will respond to these mental conditions, as shown in your Language of Nature, you will find that those conditions come under control by the use of Mineral Food No. 1, and the peculiar mental attitudes which torment you at times are really due to a deficiency of necessary mineral elements.

People who are deficient in Mineral Food No. 1 have imaginary fears and they think their fears are real. They sometimes think that someone is trying to harm them. That is one peculiar mental state frequently found in people who are old and the brain cells are beginning to break down, and the No. 1 conditions are not only affecting the thought processes but are general all over the body. It has often been noticed that some old persons think their loved ones are planning to do away with them. Be the notion ever so false, the mental state seems vividly real, and it is a sign given in the Language of Nature as a call of the body for No. 1.

Business men who are deficient in No. 1 fear financial ruin. The newspapers occasionally bring to the world the deplorable message that some man went to his office, or his place of business, and committed suicide and left a note that he was ruined. His friends were surprised, for they had no idea he was as hard pressed as that, and when the business is examined it is found that every-

thing is all right. This is a sign in the Language of Nature, and if that man had known of this system and had supplied his body with what that sign called for he would have found himself more hopeful. If you will watch your own life you will see that there are times when you see things in that way, only not so vividly perhaps, and you can also prove that these signs leave you when the need is properly supplied.

Women have been known to commit suicide because they thought they were ruined socially. Their social life was the ambition of their lives and they thought it was gone, but it was an imaginary fear, for their friends all said that they were never so popular and the fear was without foundation.

Sometimes the Language of Nature transmits a need of No. 1 in the dreams that come to you during the sleeping hours of the night when you wake up with a dream of impending danger and you had the feeling in your dream that everything was going wrong. The Language of Nature tells you that such an experience is a call of your body for No. 1. All of these signs are due to the fact that the brain cells are not able to function properly and the vibrations of life going on there are not normal because of a sagging condition of the delicate tissue involved. There is no guesswork about this, for if you ever find your thoughts tending to run this way you can prove this out by eating Mineral Food No. 1. You will notice these mental conditions will then disappear.

MINERAL FOOD NO. 2—MENTAL STATES

The function of Mineral Food No. 2 in the body, so far as affecting the brain is concerned, is that the albuminoids are under the control of this mineral and there must be a constant supply of the albumen foods passing to the brain cells as well as to all other cells of the body. When those cells are deprived of the albumen they need, the vibrations of life are interfered with and there is a peculiar mental state that is due to this need for albumen.

Did you ever heave a deep sigh when there was nothing to sigh about? That condition is because the albumen is not present and the vibrations of life taking place in the brain cells are not just right. Another sign of this need is irritability and especially in the case of children. And if you will look in other parts of your body you will see that there are other calls for this same mineral. An irritable child is one that is needing No. 2, and no doubt that call is being made manifest in many different parts of the body. If it had been supplied when first it appeared the child would have ceased to trouble its mother and would have been much more easily satisfied and much happier.

Without discussing all of the details the following mental signs for No. 2 will be given, all of which are due to the need of albumen in the brain cells, and the albumen cannot get there without No. 2. There may be plenty of albumen in the

food, for eggs and meat, which are the chief albumen foods are plentiful, but no matter how much of this food is taken into the stomach it cannot reach the brain cells unless it meets its chemical affinity, which is Mineral Food No. 2. All of the following conditions are due to a deficiency of albumen in the cells of the brain causing abnormal brain conditions that affect the mental state: Inability to concentrate thoughts; the mind wanders; a feeling of dullness and stupidity; depressed; a desire to be alone; resents consolation; tendency to impure sex thoughts; poor memory; young people who are hard to awaken in the morning. Some of these signs are frequent in almost every person's experience.

MINERAL FOOD NO. 3—MENTAL STATES

The function of No. 3 is to remove the waste matter after the cell life processes have taken place. If that waste matter is permitted to collect in the cells, or around the cells, then the chemical vibrations will not be right and the thought processes will show peculiar states of mind. If this mineral becomes deficient in the brain then the following mental states will be noticed: The mood is changeable and the individual makes many conflicting decisions; changes his mind; is dissatisfied with the house he lives in and moves around seeking satisfaction; makes frequent changes in occupation; changes his habits and cannot stick to anything and shows a general disposition towards

changeability. He desires to be let alone at his task whatever it may be and is exceedingly impatient when interrupted.

MINERAL FOOD NO. 4—MENTAL STATES

No. 4 is the Mineral Food that provides the air for the cells. If the air is not transported to the cells of the brain, then the life processes in the brain cell cannot be what they ought to be, and under those circumstances the Language of Nature reveals to you just what the problem may be. If the oxygen is not properly supplied to keep up the spark of life, then the general mental state will be indifference to ordinary matters; a loss of courage or feeling of hopelessness; easily annoyed; violent moods; and in extreme cases extending to maniacal moods. And the amazing thing about it is, that anyone who suffers these mental difficulties can overcome them by simply providing that mineral which carries the oxygen from the lungs out to the cells.

So far as known there are no mental signs peculiar to the deficiency of Mineral Food No. 5.

MINERAL FOOD NO 6—MENTAL STATES

Potassium Phosphate, which is Mineral Food No. 6, is the mineral which really builds gray-matter cells and sustains them by making the chemical process take the form of thought. Just as Lime Phosphate makes the chemical reaction what it

ought to be in a bone, so Potassium Phosphate makes that reaction what it should be in the brain.

This mineral is the fundamental substance to chemical vibrations in gray-matter cells and cannot take place without Potassium Phosphate.

The mental state of this deficiency is peculiar to the life of that cell. The range of mental states covered by this mineral is greater than any other, because it is vital to the life of this cell. Whenever this mineral is not in the cell the cell life is disturbed and the need will be manifested through the Language of Nature taught by this Mineral Food System of Health by the following signs:

Moaning in sleep; crying moods; sheds tears easily; cross, fretful children; screaming in sleep; nervous dread; shrinks from company; bashful; pessimistic; blushes easily; despondency; makes mountains out of molehills; worries over nothing; after-effects from grief; disappointment and anger; low muttering delirium; avoids conversation; noise is distressing; lack of energy; subject to false impressions; gloomy; grasps at imaginary objects; subject to hallucinations; haunted by visions of the past; hears unreal things at night; hysteria from sudden emotion; night terrors; omits letters or words in writing or speaking; subject to worry and slow of comprehension; subject to whining moods. The splendid thing about it is that anyone suffering from these moods or abnormal mental states will find that he will be relieved and

think normally when he has supplied the Mineral Food that is being called for by these signs given in the Language of Nature.

So far as we know there are no mental states dependent upon Mineral Food No. 7.

MINERAL FOOD NO. 8—MENTAL STATES

This is the mineral that builds the white fibres of the nervous system and is extremely important in the brain, for it is the white fibres that bring all of the brain cells into co-ordination. Every brain cell is connected up with every other brain cell by means of the white fibres. When this mineral is not supplied to the body in the proper form, so that it cannot sustain the white fibres, they do not do their work properly and they will not transmit sensations from one brain cell to another, or they do not match up as they should, and so the co-ordination of the cells is disturbed and a state of unreliable thought prevails. So No. 8 people show mental signs that are peculiar to the difficulty involved in the white fibre cells. They carry things about from place to place, picking them up and setting them down again; they have lamenting moods and sensations that are positively unreal; they have illusions or hallucinations; their nightmares run to extremes, throwing them into states of mind that they recover from with great difficulty, and instead of having a weeping disposition it becomes a sobbing disposition and extravagantly so; they have a tendency to talk to themselves without

sense. The remarkable thing about it is that these states of mind will be brought under control by simply giving the body this perfectly wonderful but simple Mineral Food so that the bloodstream can supply these cells with what they need.

MINERAL FOOD NO. 9—MENTAL STATES

As has been explained before, water is absolutely essential to normal life in every cell, and it is equally so in brain cells. If the water is not properly supplied, or is not properly distributed, there will be abnormal mental states, for the cells cannot think right unless they are watered right. When the water distribution is improper it may have a tendency to flood the cells, and when this is the case the individual is drowsy and falls asleep during conversation or at public meetings. He demands much sleep but is not refreshed, and if the water becomes deficient and the cells are dry, the sign is a highly exalted state of dancing and singing or weeping disposition, or no sleep at all. Such a person easily loses self-control from anger, or becomes talkative, or suffers delirium, or has the disposition that is described as hot-tempered. The perfectly wonderful thing about it is that any individual can overcome these states of mind if he will patiently and painstakingly feed his body the minerals that the body is calling for and build his health so that the cells of life may function normally and do their work just as they were intended to do.

MINERAL FOOD NO. 10—MENTAL STATES

The work of No. 10 in the body is to take care of the acid. If this mineral becomes deficient and the acid content around the brain cells has accumulated to the point where it irritates the cells, such an individual will have a constant mental state that is hot and fiery—a little worse than hot tempered and more constant than the hot tempered flashes of No. 9. There is a disposition to be suspicious; scheming or selfishness becomes accented; they have a tendency to hot hatred, a fighting, quarrelsome, critical, envious or jealous mood; frequently they commit suicide and are disheartened with all hope lost, and it is a pitiful thing to contemplate how there are folks in all degrees of these conditions who are just supposed to have a bad, suspicious disposition and who get no sympathy when they should be tenderly and carefully cared for. You can prove that these things are so, for all of these moods are under the control of the mineral elements that enter into the life of your brain cells. Such things can be overcome for the happiness and prosperity of the individual as well as the well-being of the family and the community, and yet the world stands off and looks on and fails to see the crying and tremendous need of Mineral Food in every home.

MINERAL FOOD NO. 11—MENTAL STATES

There is very little known about the mental states of No. 11. The function of this mineral is

to take care of the bilious conditions, and it governs the problem of secreting bile and carrying it the right way in the body. When the bile circulates in the bloodstream it is irritating to the brain cells, and about all that is known is that such an individual suddenly assumes a dislike for music and is aggravated by music, whereas he once loved it, and this dislike is especially true if the music is of the melancholy strain. It is known that anyone who suffers this condition will find relief by supplying the mineral that is being called for, so that the bile does not become a disturbing element to the brain.

MINERAL FOOD NO. 12—MENTAL STATES

The function of this mineral in the body, so far as the brain is concerned, and so far as is known, is limited to the connective tissue. This fine, thin, transparent, but wonderfully tough substance around which the cells of the brain are arranged becomes the support of those cells and it has a sort of a positive and negative quality from the standpoint of thought.

All through the Language of Nature on No. 12, the sign is one of heaviness—heavy pains, heavy discharges and heavy conditions of various sorts, and when we come to the mental state it is a sort of a heaviness of thought. The mind is dull, and slow to think and easily confused. It is the condition that prevails when one steps before the public and suffers from what is known as stage

fright. The thoughts are heavy. Or when bashful school-boys or girls know what they want to say but cannot get their minds to function as they stand before the class. No. 12 mental states indicate themselves with those individuals who are extremely ambitious, but there is a heaviness when the time comes to get into action and they cannot come up to their ambitious desires. They plan to do much, but actually do very little. In extreme cases the No. 12 sign is to become disgusted with life, and an obstinate disposition is one of the outstanding signs which is really a form of heaviness of mind from the standpoint of conceding anything to anybody.

ALL CAN BE CONTROLLED

The wonderful thing about it is that when these things are observed, and the need is supplied as provided for by the Mineral Food System, all of these mental states from No. 1 to No. 12 are brought under control by patience, perseverance and constantly feeding the body up to the state of health.

How long will it take the world to grasp the point of the wonders of the Mineral Food System of Health? Everywhere I go I meet folks who seem to be complacently happy because they have heard about Mineral Food. Somebody tells me what a wonderful thing happened to his friend, John Doe. "He had rheumatism awfully bad and you

ought to see him now." He tried everything but nothing worked like Mineral Food. "Say if I ever get rheumatism I'll know exactly what to do," and you can look into the face of that man and see that he needs Mineral Food right now. Another is waiting to catch tuberculosis but is half sick right now, and another is waiting to catch this and another that, and all of them need Mineral Food right now—today.

Children are driven away from home because of the unbearable disposition of some parent, all because of a need of Mineral Food. Homes are broken up and the divorce court dockets are clogged with cases because of misunderstandings that began with mental states that were unreal for the want of Mineral Food. Men and women lose their positions and folks say they have the devil in them and no one can get along with them. There isn't a single individual in all of civilization who is kidding himself along with the idea that he is perfectly well because he eats three times a day and sleeps fairly good, works as much as his conscience will allow him to work and fancies that he is well, but that needs Mineral Food.

A NEW WORLD MIND

What a wonderful thing it would be if a new mental scope could come to men and women. The world would be transformed. Society would live a new life. Think what it would mean to elimi-

nate the scheming, suspicion, jealousy and the envy that is tormenting civilization today. Men's hearts are failing them everywhere. The fear of the banker is disturbing business. The fear of the politician has forced him to follow policy instead of principle. Business men become "hard boiled" because of fear. You are moved by your fears and I am moved by mine, and fear is always destructive to trust, confidence and fellowship. In the midst of it all give your brain cells a chance to think straight, so that your eyes will see and your ears will hear things as they really are.

There are business men who used to be brilliant, agreeable and successful, but who lately have changed so that their friends can hardly endure them, and can't understand what has come over them and such men are failing in business and their families are in distress about it.

BIG ISSUES INVOLVED

Ten years ago there was a sick man in Europe and he did not know he was sick, but he was subject to a mental state that was far from insanity, but was not right. He was suspicious, jealous, envious, and the heat of his temper was kept up to a boiling point by the acids tormenting his gray-matter cells for years. He surrounded himself with men of like moods, as everyone seeks the company of congenial spirits, and this man with an acid brain happened to have at his command the greatest military organization in the world.

His generals, colonels, captains, lieutenants, sergeants, and corporals were to him like the kings, queens, castle, knights, bishops and pawns of the game of chess, and the world was his chess board. The thing that happened with a man of such power in such a state of mind was the most natural thing in the world. The assassination of an Austrian duke did not cause the war, it only became this man's opportunity to fulfill his state of mind. The evil conspiracies of the diplomats of Europe did not cause the war. Questionable diplomatic conversations no doubt prevailed because diplomats were filled with fears, for all of official Europe knew full well that the mind of one man who had the power was rapidly forcing the issue. Diplomats moved by such fears could not keep themselves apart in times of scheming conspiracies.

The great world war had to come for it was an acid state of mind in one man's brain who had the power. The red hot acid fire of deep seated hatred has been burning ever since and the civilization of Europe is on the verge of a complete collapse. When the acid fires of envy, selfishness, malice and jealousy, begin to die down a spark from any source explodes the mental states of suspicion and hatred that has never yet been confined, but taints the atmosphere of the civilized world when once promoted by such a high powered exponent as gripped the world with his claws ten years ago.

The one man who had this great power was not the only man who had that acid mind. There were

multitudes like him who did not have that power, and who would do today what he did then if they had the power in the hands of one man today to do it. The pity of it is that the man who had the power ten years ago happened to be one of those who had the mental state of a man sick with acid.

The criminals of our day are men with the acid state of mind. The scheming grafters are acid mental states at work. And this mental state is contagious. It floats in the air and all of those who happen to be either slightly or violently tainted that way are seized upon by this spirit that has broken loose and their acid mental states become accented and crime waves break loose and graft appears everywhere and suspicion becomes almost universal.

Unnatural demineralized food all over the world is breaking down the health and the morals of civilization and the Mineral Food System of Health explains the fundamental problems of the world.

THE WORLD A DIVINE ORDER

The Mineral Food movement comes to the world in the midst of all of this tragedy. It did not just happen so. I firmly believe that this Mineral Food movement is a part of the great program of the providential governing power of the Infinite Mind. The world does not run itself. Men do not control the affairs of this world as much as they think they do. The God of love broods over this world

and takes care of His own. Columbus discovered the world at just the right time to make possible the building of the Land of Freedom. But it did not just happen to be so. Steam power, electricity, wireless discoveries and all other great forward steps came when the world was ready and needing and did not come by accident.

In that age when the world reaches out with more rapid strides than ever before in the sensational effort to tickle the taste of a sophisticated society with a food that is so unnatural and demineralized so seriously that the fires of life in the human race are burning in all ways against health, happiness, peace, love, confidence and real abiding prosperity, in that very period the wisdom of the All-Good sets in motion the saving force.

A foreknowledge of it all in the Infinite Mind started the knowledge trickling down through the minds of great men, mentioned in the opening pages of this book. Prophetic foresight was paving the way. It was smothered and fought back, but it would not stay put down. But as the world catches fire with its weight of woe, this Mineral Food movement breaks forth again. Now it goes to the general public. Now it is on trial. Now the great common people hear the call. Now it is proving itself out. It is gaining and spreading and reaching all who have eyes to see the great hope and ears to hear the tender still small voice of God. It reaches you.

When you have proved it you are filled with enthusiasm but you little realize as yet the great program you are helping to fulfill. The world needs men and women who will be strong in body and in mind for such only can be strong and loyal in heart. Your boys and girls and mine are those to be saved out of the great masses of a civilization headed for the rocks of disaster, and such are the ways of the Infinite Creator.

WAITING TO "CATCH" SOMETHING

And yet this Mineral Food System of Health is supposed to be a thing that cures rheumatism, "T. B.", or something of the kind. It is wonderful if it does that, and I am happy because of those victories, but when I stop to think of the tremendous possibilities that await all of those who will build up their health and learn to supply all of their needs and go out and look the world in the face and see things straight that they look at, and think things straight that they think about and shake hands with their fellow men without the evil fears that are due to poor health problems, then it seems to me we are giving to the world and promoting today the biggest proposition on earth. It is a tremendous need and you can prove it now.

In this business I have seen times when men have been moved by all of these mental states. They have attempted to fight me and I have been able by reason of my knowledge of these things to move on without fear. I would not be without this

great Mineral Food System for any consideration. I, therefore, consider it my solemn duty to push it with all my strength except to never force it on anyone against his will.

BE ONE OF THE ELECT

It is the will of the Infinite One to save the elect, the choice, the chosen from out the rank and file of God's great common people. They are those who are honest at heart and open in mind and who are loyal and true. This Mineral Food movement appeals to such people. The work goes forth with a sustaining power that is marvelous and it is reaching out and sifting the wheat from the chaff. Men and women who are good and true are reaching out for it and taking it and it is building them up and making them better. These are the ways of the Infinite One, whose ways are past finding out, and the thing that is taking place is wonderful and hard to understand only because it is Infinite. You are honored, therefore, with the opportunity to stop and consider and then prove it for yourself.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

NERVES

CHAPTER 8.

When we come to the subject of nerves we enter the most sacred precincts of life. It is here that you really live. All of the elements that enter into your real life of happiness, sorrow, success and distress, hang upon your nervous system.

Your nervous system is the most compelling of all of your health problems whether your problems are classed as nervous problems or not.

THE WORLD ON ITS NERVES

The world is living upon its nerves. The political lines of the entire world hang in the balance because of nerves. Men's hearts are failing them for fear in the make-up of the most distressing problems of the world because of nerves. As the nations meet in contact with one another they spring back and shake their fists, watching each other with the utmost fear because of nerves.

Business men meet one another on nerves, and it is nerves that win. In social relations men and women meet and make all of their social contact by playing on the nervous system. If that contact is happy and pleasant the reaction is through the nervous system, and if it is miserable and heart-

breaking it is the same thing. The home life depends on the nerves of the father and mother and every one of the children. Any member of any home can throw the nerves of the entire group into spasms of agony.

Every individual, as he goes out to compete for existence, finds that all of the contacts he makes in whatever activities he may be engaged are contacts of influences that play upon his nerves. On the one hand he hears the toot of the horn and he must jump and be quick about it or his life is in danger. He dodges the street car, and just then he meets someone who puts a business proposition to him and that is a demand upon his nerves. A little further on someone does something or says something that is an irritation to his nerves and something else happens that is pleasant to him. Everything that happens is a play upon his nerves.

You are only one of the millions who are out in the world struggling for your place. Everything you see and hear and do, and everything that comes to your conscious existence enters into the constant stream of nerve currents that plays upon your inner life, and all of your success in life depends upon how you react to all of these ever changing, sometimes aggravating, sometimes peaceful, nerve influences about your own personality. The only control you have over these forces is the way you control yourself in the midst of it all.

The success and the happiness of your life depends upon what you do as you attempt to control

yourself in the midst of these multitudinous influences.

YOUR HIGHER POWERS

The chief reason why everything that takes place in your life is a play upon your nervous system is that you belong to a class in the animal kingdom that is distinct from all others in the fact that you are made up to live on your nerves. That is why man is the highest of all creation.

The jack rabbit is a swift running animal. The kangaroo is a long jumping animal. The giraffe is a long-necked animal. The elephant has its nose and its powerful strength. One animal is built to fight and another to run. One animal lives the life of peace and another the life of war. One animal is characterized by reason of his strength and another by his keen ears or highly developed sense of smell. The human being made and created after the image of God is the animal that lives and moves, succeeds or fails and has his being by reason of his nervous system.

Experience has taught you that your highest success in life depends upon the way you make your decisions as you guide yourself along through the maze of snares and pitfalls that are set for everyone, and that is the reason you went to school, and human experience has taught you that education and training are the things that make life a success.

This conclusion has become universal and the world is overwhelmingly convinced that the biggest and most important thing in the life of every child is to be well trained mentally for this great competitive race, and this means to make the nerves swift and strong and long enough to reach to the limit.

NOT BY MIGHT OR STRENGTH

You cannot succeed in these days by the strength of your arm or the speed of your legs. Your highest form of success, whether you work with a shovel or with a pen, depends upon the intelligence you are able to put behind your tools. At the beginning of each day the whole human race goes to work in the great field of finding out who has the life. Whether you like to admit it or not, whether best wit. You are in that great race, and you cannot get out of it, and it is a Marathon race for you are proud of the fact or not does not matter one bit so far as the conclusion is concerned. It is human experience and you prove it each day.

HOW NERVES WORK

The beginning of all nerve sensations is that form of nerves which we call sensory nerves. These are the nerves that touch the eye, the nose, the ear, the mouth and the finger tips, and it is upon these nerves that you depend for all of the knowledge you have obtained. From the beginning of your life you have been getting sensations

from your eyes, your ears, your mouth, your nose and through your fingers, and all of the things you see, hear, taste, smell and touch have enabled you to accommodate yourself to the multiplicity of sensations constantly streaming into your brain cells. By means of these experiences multiplied, divided, added and subtracted—all of them associated and brought together—you have developed a system of stored up judgment and by this means you have learned to do things habitually without thinking and by this means you also have learned to think out the things that need to be thought out by drawing upon your past experiences which will enable you to render judgment. This work takes place in the gray-matter cells of your body.

After the judgments are rendered another system of nerves known as motor nerves conveys the judgment of the gray-matter cells of the brain to the muscular cells of action, and this is the way you live, move and have your being. The things you do, the things you say, the things you write, and all of the acts of your life become the terminal ends of the sensations that start by the things you see, hear, taste, smell and feel. This is the thing that makes your life what it is, and the judgment you use is the means by which you have developed your character and that becomes the personality which is you, which is known to many and loved by some and perhaps despised by a few.

The development of nerves is your chief duty, your greatest opportunity and your most noble

aspiration. A study of the subject of nerves without keeping all of these things in mind is impossible from the standpoint of reaching the highest and most profitable conclusion. It is the most wonderful subject of all. When I say it is sacred ground I fail to say half enough, because language fails and the mind itself is hardly capable of conceiving the tremendous issues involved with all of us as we build a nervous system.

IMPORTANT DECISIONS

The decisions you form are good or bad in accordance with the reaction you make to the sensations that come into your body from your outside environment. The judgments you form depend upon which class of influences coming into your brain are most habitually and gratefully received and used in actions and sensations that pass out from the brain. For these sensations passing out become the habitual rule or pathway by which judgment fixes itself and establishes your character and stores up that way of life which determines your future personality of an eternal spiritual force, the immortal you that never dies. No more scientific statement can be found than the statement of an ancient spiritual sage when he said, "It is not the things that enter the body that defile the body, but that which cometh out of the body is the thing that defiles the body." It is not what you see and hear that spoils your life. If you see and hear evil and resist it you are left untouched.

But if you choose to react to evil instead of the good, and learn to long for evil instead of good, this makes evil predominate and it is all done, either good or evil, through the nervous system.

No one can avoid developing his nerves in some way or other until he dies. No one can live in this world in the midst of all of these environments and conflicting influences without being touched upon and impressed. That is the reason we need books and papers and churches. The hunger and thirst of the human family for sensations is the thing that makes possible all of the influences that are brought about in the world, whether those influences are good or bad. The longer you live the more you store up in your nerves and from the beginning of your life as a babe to the end of your life in old age it is a constant effort to hold your place and the strain is never ended until the heart ceases to beat and until the breath of air you breathe ceases to touch off the spark of life.

What a helpless creature an individual would be without nerves. What a pitiful spectacle to look upon when you see the insane or the feeble minded. Yet that is to look upon only a part of the great nervous system, for the insane and the feeble minded still have some brain and nerve tissue. If it were not for their nervous system their heart would not beat and their food could not digest and none of the natural physical functions of the body could be performed. Every cell in all of your body is brought into contact with every other cell by

the most wonderful thing ever created that has yet come within the knowledge of man, which is the nervous system.

You belong to that class of animals that has the highest developed nervous system in nature, and you must be aware of the fact without any long dissertation to prove that any form of life given over to the problem of developing such a keen and wonderful intensity of nerves to the extent that it shall exceed the efficiency of all of the rest of the body, certainly will present something of strain and stress and struggle that will involve the matter of the general health of body. Only the strong can stand it. The weak must perish.

EACH AGE DEVELOPS

And when you stop to think that this has been going on for generation after generation; that your forefathers, clear back to the beginning of the race, have been engaged in the same great contest and have been passing their development on from one generation to another; that each development to higher standards increases the intensity of the struggle for each new generation which makes more intense demands upon each generation that follows, then you begin to see that this problem multiplies itself as each new civilization develops.

If you are a middle aged man or woman you know that the educational requirements of the

present generation are in excess of those required when you were a child, and who knows what the requirements of the coming generation will be? If you are an individual of adult life you know that the pace that is set for you to keep up with, which is a demand upon your nerves, is tremendously increased over that of those who were living when your memory begins.

And now having set the problem before us from the standpoint of its highest and holiest phase and its spiritual nature, let us look at the problem for a minute from the standpoint of its physiological or material requirements.

WHAT MAKES NERVES

Nerves do not just happen to be. Thought power or judgment is not simply pure spirit without a material base. It is not physically possible to develop any thinking power without cell life. Your sensory nerves that bring you in contact with your environment are made up of air and albumen and their mineral base with a few other substances of lesser importance involved. Your gray-matter cells, where judgments are formed which receive the sensation from the sensory nerves, are made by air coming in contact with albumen and other substances including the mineral base.

You cannot receive a sensation unless these elements are present. The motor nerves, which carry from the gray-matter cells the judgments that are

formed, are built up by air, albumen and the mineral base and some other substances coming together to form that cell under the laws of life. It is just as important for your brain and nerve cells to be fed the material substances they must have to do their work as it is for your muscles to be fed that they may do their proper work.

THE MINERAL BASE OF THOUGHT

A process of thought is a process that takes place in a brain cell by reason of the meeting of the elements necessary in that cell for thought function. A brain cell is a cell that has been set aside to do a special work and has been made to specialize on the function of sensibility, or sensation. You may have the same kind of a cell in your stomach, so far as the form is concerned, which functions there to do the work of digestion. All cells in the body are more or less alike, except that each class specializes on one duty that is peculiar to its job. The little one-celled animal that lives all by itself, and has no brain or stomach, has the function in a mild degree that you have in your brain, and it has the function in a mild degree that you have in your stomach, and your brain and your stomach may be similar cells, but each has been required to specialize.

Your brain cell, therefore, is a cell with the quality of irritability that is known to be a quality in even the little one-celled animals, such as the amoeba and paramaecium. We call it irritability

or we might call it the sensitive quality which makes the little one-celled animal sensitive to its environment.

Your brain cells are cells of life similar in many ways, only that this sensibility, or irritability, in the one-celled animal is made the chief duty of the cell when it becomes a brain cell. One quality of all cell-life (sensibility) becomes the quality your brain cells are required to develop to the highest possibility. You are different from lower forms of animal life because your brain cells have attained a higher degree of specialization on sensibility than any other form of life.

The more you read, the more you think, the more experience you have, the more games you played when you were a child, the more tasks you assumed when you were an adult, the more active your life becomes, the better trained these nerves become, and the deeper the pathways of habits fix themselves for your well-being if those habits are good, and for your sorrow and distress if those habits are bad.

YOU ARE CHASED ALONG

Every individual you meet is engaged in the same great game of never-ending experience by which he is developing his nerves, and the more the whole world develops nerves the keener the competition becomes to you, and, therefore, the more nerve force you must develop. So the race goes on,

and it becomes a great Marathon race, lasting for life. All human beings are engaged in the great endurance contest. The better your nerves the more successful you will be until others develop better nerves than yours. The more service you are able to render the more money you will make until others come along who have developed more efficiency in nerves than you have. Your nerves are taxed to their utmost capacity.

A THRILLING CONTEST

It is a thrilling contest which means a world for weal or for woe to you. You are intensely interested and you must not fail, and all of this requires that your nerves must be well fed. If they are not fed you fail. It may be a slow failure and you may not notice it for awhile and you may feel like blaming somebody else for your failure. Sometimes you think it is because you haven't a pull when everything goes wrong, so that even the notions you have about it go wrong, but just the same you are in the contest and you cannot get out of it, for life is just that kind of a contest. The better your nerves are fed the better they can serve you, and the better they can serve you the happier you are, and the poorer they are fed the more trouble they will make and the trouble that they may make you is the pitiful thing that you want to avoid.

The mineral base which makes the white fibres and which are the sensory or motor nerves, is Mag-

nesium Phosphate. You go to the table three times a day and you eat demineralized food, then go out into the great Marathon race and pull upon that demineralized food for all it is worth and you use your will power to compel these forces, for you must do certain things to keep up in the race. You may not realize it but the very fact that you are in a race hurries you on, and you cannot help but use your will power, even if you try to avoid it. You dare not lay down but you keep on going in spite of your discouragements, and you must persevere, and so by the force of your will power you drive your nerves into action, pulling upon that poor food for all of the Magnesium Phosphate it can deliver.

The gray-matter cells, where the judgment is formed, are built upon the mineral base of Potassium Phosphate and you use this to the limit, and the food you eat three times a day fails to supply the need in a natural amount or in a natural form.

You have no choice but to force yourself on your nerves, and when your food fails to bring up the substances needed to sustain your activities, then nature is required, because you are forcing your nerves, to resort to various methods of supplying the need. There are two other Potassium Minerals in the body and if the gray-matter cells must have Potassium Phosphate, then one or the other of these Potassium Minerals, that is functioning in your body on another base, a chloride or a sulphur base, is taken away from its task and brought in to save

these nerves, for by means of your will power you are forcing the nerves, and they must be saved for the good of the entire organism.

OTHER DEFICIENCIES CAUSED

If Potassium Chloride is taken away from its duty and the chloride is discharged so that the Potassium can be chemically united in the great laboratory of the human body with some other Phosphate that is found to be there, then this needed mineral is supplied in this round-about way to meet this great need for gray-matter cells. But a deficiency has been created in this other Potassium that was required to sacrifice, and even if you do not break from the standpoint of nervous prostration, you may break down from the standpoint of this other deficiency that has been created while you forced your nerves. This is how the nerves become an important factor even when the disease is not classed as a nervous disease.

The work that this Potassium in a chloride base does is to take care of the fibrin content of the body which is necessary to build all of the cells of the body. If this mineral is extracted for any purpose, or becomes deficient, then the fibrin content becomes disturbed or inert and useless and must be discharged. If that discharge takes place through certain little delicate membranes in the intestines, for instance, so that waste matter col-

lects and the germs that feed upon that fibrin attack it and multiply and an irritation ensues and inflammation sets in, then one symptom after another grows and develops and they have taught us to call it typhoid fever. So far as the name is concerned, what of it? That name does not tell what is needed. This one mineral at fault will not cure the body now, for many other needs are bound to arise. The law of "The healing power of nature" will do wonderful things, and if the disease is ever cured it will be the healing power of nature more than any other thing that man has ever been able to devise that does it.

If that fibrin passes out in some other way, such as through the lungs, pneumonia results. Tomorrow morning you may pick up the newspaper and read about the death of some prominent man who has been building his nerves. He has made good in society; he has prospered in business; he has been honest in his dealing; he won the confidence of the community and has been hard at work making good all his life, but at the very prime of life, when his associates were beginning to appreciate him the most and planned on using him in a bigger way for the most noble work of the community, this poor fellow broke down, was attacked by some disease and was taken away in the most productive period of his life. He forced his nerves until the body could not stand the strain. No matter what disease was named on the death certificate, it was

this demand of nerve energy not properly supported by his food, that caused this premature death.

But you say the disease was not a nervous disease. So far as the name given to the disease by man that may be true, but because he had driven himself by will-power so strong and had become so intense in developing his nervous system, which was his great capability, recognized in business, and because as he saw others pressing forward, he sought to press forward too, that man living on his nerves had pulled down the general vitality of his body and he died of some other disease not supposed to be related to nerves at all. And yet, the nerves are doing just that very thing to the whole wide world today and perhaps to you.

PHYSICAL BREAKDOWN FROM NERVE STRAIN

There are other diseases that are brought about by reason of this law of substitution, under the splendid law of the healing power of nature, and you can look back over the past and call to mind boys and girls who were especially brilliant in school and who developed their nerves splendidly and easily, but who could not endure the strain on their physical being and became victims of disease and early death. If you will begin to observe you can see evidence everywhere that the development of brain power is being done at the expense and the vitality of the physical well-being and is breaking down the general health of the world. Yet it need not be, if folks knew how to provide the nec-

essary elements that the nerves are calling for so that the rest of the body would not be placed under this strain by the law of substitution and the healing power of nature.

HUMAN WRECKAGE

There are homes being wrecked and lives are lost, all for the want of the mineral that feeds the nerves. There are national aspirations that are being jeopardized. The general welfare of the world is hanging in the balance of nerves. There are epidemics waiting to come which will wipe out the lives of thousands who fall by the wayside, all because of the deficiencies that arise in the body because of this intense specialization on nerves. And there is no way to stop it, for the race is on and it is a race of life. It is the Marathon race of intense specialization, and yet men and women everywhere fail to realize the fact that they are living under a condition which makes the great problem of life a problem of the survival of the fittest, and the real, intense anxiety of it all begins with nerves.

Those who resist the intensity of this nerve struggle, and are content to assume a more humble place in life, are among those who live the longest because they do not become so intensely interested in the vital issue of success.

There are others who are especially endowed with more than the average strength because per-

haps their immediate fore-fathers, their parents or grandparents, did not so intensely specialize on the nerves, or lived the more active physical life, or a more natural life, and they came into the world with a peculiar physical endowment that enables them to stand the strain.

Such an individual may have a better digestive tract than the average and is able to digest more food and, therefore, gets more minerals to meet these needs. This does not mean that all who eat heavily are better off in this contest. Many eat too much. It is not the amount of food you eat that determines how much you get back to the cells. It is the ability you have to digest food that determines this factor of your well-being. Your food is no good to you until it reaches your cells where life takes place. Your ability to digest and assimilate enough food to get enough minerals out of a demineralized food determines your well-being. Some individuals are peculiarly fitted to do this which accounts for their strength on the same kind of food that others are not able to thrive upon.

But those who are not so well fitted from that standpoint suffer from mal-nutrition. They may be brilliant from the standpoint of their nerves, but they are not able to maintain physical strength by consuming a large amount of food in such a way as to get the good out of that food. Such individuals are those who pass off in premature death and these become the victims of the great law of the survival of the fittest, under our unnatural demin-

eralized food system. The Mineral Food System is the greatest help ever offered this suffering world for any and all of these needs.

Then there are those who have strong bodies but who know no limit to the great Marathon contest. They cannot be satisfied with any limit. They are so intensely active; they stay with it forever; they plan for the next day while others sleep; they go the limit all day long; and they succeed in a marvelous way for a time, not by the strength they manifest in their arms, their legs or their backs, but by the intensity with which they have applied their wits to their tasks. They are wonderful creatures and we admit their attainments and they go strong for awhile, but after a time the drain becomes so great on the system that the minerals are cancelled out to substitute for each other, causing first one deficiency and then another, until after awhile some part fails and these naturally strong individuals go down also. They were splendidly fit from the standpoint of nerves, wonderfully fit from the standpoint of the high specialization in the highest art of man in the holy of holies of man's noblest attainment, and yet they go down because, by sheer pluck and will power, they have pulled upon their vitality until the body could not stand the strain.

THE TEST OF CHILDHOOD

One of the most pathetic phases of this subject arises in the life of our children. On the first of

September of each year the children enter this great Marathon race in their school life.

Every parent wants his child to be smart, and we're proud of them if they are smart. We do everything we can to encourage them to be brilliant, which demands that they specialize on their nerves. We are proud of them just to the extent that they succeed in this, and yet, when you come to see the problem in the right way it is dangerous for any child to be smart, or to work hard in school, or to do the best he can do in this way. If your child does not have the help of bringing into the body that which is needed for the upbuilding and maintaining of the body, the Mineral Food way, then that child is running the risk of life in building a brilliant, intellectual life.

THE BUSINESS MAN TESTED

The man in business, spurred on by the competition of his fellows, enthusiastic in the problem of providing well for his family, is running the risk of his life when he enters that contest with his whole heart, mind and soul, unless he knows how to feed those brain cells all of the things required the Mineral Food way. The mother of the home in the distressing tasks of home life needs food for her nerves. The business woman is in the great competitive field of life. She needs food for her nerves, and her powers of endurance depend upon how well these needs are supplied the Mineral Food way.

A MESSAGE OF HOPE

The Mineral Food System is a message of hope. It is a message for you. You should be grateful that you have come into the way of finding out one of the most important problems of your life, and that is the problem of how to maintain your physical life while you "carry on" this tremendous drain on your nerve energy.

It is impossible for you to do any more for your loved ones, or your friends, than to take to them the great message we bring. It is a message of life and hope. It is a message that makes life and success a safe pursuit.

The thing that forces me on in this great work is the realization that the heartache of the world is due to the fact that the world is perishing for the want of this knowledge.

The task of promoting such a new thing as this is a most difficult, perplexing and discouraging task, because it sounds so new and strange. The world seems to prefer to be left alone. But my great recompense is a grateful people among those who prove that these things are so.

OPPORTUNITY

Do you want to reach out and grasp your highest possibilities? Your nerve forces are your vital elements for success. You strive for your place in the sun and your nerve force is your limit of op-

portunity. Prove out your possibilities by sustaining that force in the natural way.

Do not neglect this opportunity. The Language of Nature is your guide. Do not think that you are wasting time while you are working on this problem. Do not complain that you haven't time. You never made a better investment of time in your life than the time it will take for you to work out this Mineral Food System of Health. When you have proven it you will have lost some of the most distressing fears that torment you and you will see your power gradually increasing. It is simple and easy to do.

All you need to do is to live with the Language of Nature and use it until it becomes second nature to you. Then you will find yourself among the strong ones of the earth, and you will bless the day when the Mineral Food System of Health reached you and commanded your attention.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

FEVERS, EPIDEMICS AND ACUTE DISEASES

CHAPTER 9

To sit at the bedside of some loved one watching the progress of a raging high fever with the breathing labored and hard, is an anxious and agonizing experience. There is a feeling of helplessness and hopelessness as the case grows worse, with the distress more marked and all conditions ascending to the climax of a life in danger. Loving hearts become panic-stricken and professional help is summoned with feverish haste.

To take advantage of such an emergency for the promotion of personal gain becomes a most deplorable system of unprincipled graft. It would be worse than folly to urge upon anyone any method or system at such a time that was not based on the soundest principles of natural law, and the assurance that the methods involved had every promise of victory.

It took me many months and years of successful proving before I could conscientiously say the things that I am about to say. I would not say these things at this time if I did not have in the background of my personal experience such a volume of evidence to sustain these perfectly logical conclusions.

All of these critical and dangerous experiences have been clouded with mystery for ages in the past, and methods have been followed that seem to be perfectly reasonable by men who were honestly trying to save life. No one's motives are to be impugned even though it shall appear with good reason that mistakes of the most serious nature have been made. The first thing that I shall discuss is the subject of fevers, and then the sweeping epidemics that pass over the country, where fevers are involved, all of which are acute conditions, and in which conditions the Mineral Food System stands pre-eminent, giving its best and most convincing evidence of rapid performance.

THE BREATH OF LIFE

The outstanding necessity of the body in its function of life in the cell is the supply of oxygen. Oxidization can almost be offered as a synonym of life. The cell must have oxygen. A perfect method of providing that oxygen has been worked out in the great laboratory of the Infinite Creator and there is no more correct way than the natural way. The natural way is a method of keeping up the chemical vibrations of life in the cells.

Oxygen is carried in the air and there is plenty of air everywhere, and the lungs are filled with air whenever the muscles of the chest expand and open up the air pockets of the lungs so that the outside pressure of the atmosphere can force the air into

the lungs. The oxygen is then ready for the blood-stream to pick up and carry it to every one of the multitudes of billions of cells where life goes on.

The red blood cells perform this function, but they do not have mouths to open up and swallow the air. The natural method of transporting this air is a chemical method. The red blood cells are covered on their outer walls with the mineral known to have a chemical power of attraction for oxygen so strong that each atom of this mineral pulls oxygen to itself like a magnet pulls and holds a tack, and the name given to this mineral is Iron Phosphate which we call Mineral Food No. 4.

KEEP YOUR BLOOD RED

You have seen a piece of iron rust in the open air. The oxygen that is found in all forms of moisture, and the oxygen that is in the air, uniting with the iron molecules on the outside of any piece of iron oxidizes the iron and it becomes reddish in color and this we call rust. It is the same process that goes on in your body.

The molecules of Iron Phosphate on the outside of every red blood cell have been oxidized by this contact with the oxygen in the lungs. This iron being oxidized (rust) gives the red color to the blood. There are about three million of these red blood corpuscles in one drop of blood and it has been estimated that every one of these little corpuscles contains on its outside surface approximate-

ly seven million molecules or atoms of the finest possible particles of iron in the phosphate form, making approximately twenty-one million molecules of iron in every drop of blood. Can you think of anything finer than that. And yet men of so-called scientific attainments have been seen to sneer at the idea of the necessity in nature of this iron being in a most minute form, and who laugh to scorn the possibility of feeding the bloodstream iron in such infinitesimal qualities as it is found to be in nature.

The amount of iron in the blood is extremely small, there being only about 44 grains of iron in the entire bloodstream, and yet that is nature's law and nature's way, and there is no use to ridicule nor to laugh about it. There is only one thing to do and that is to comply with nature and to follow her law, and the closer those natural laws are followed the better the results.

As long as this iron is supplied in the proper form, such as a natural food would furnish, which is so highly attenuated that it is scarcely perceptible in many foods of the most natural sort to even the most perfect chemical tests, that supply would never be exhausted. The iron is not supplied in the proper form in our unnatural foods. The food is either deficient in iron or it is so unnatural that the iron is not in such a form that seven million atoms can adhere to such a fine carrier or conveyance as a blood corpuscle which is only one hundred and twenty millionths of a cubic

inch in size. If the form of the iron is not right it certainly cannot perform its function and here is exactly the problem. Then in addition to this, another phase arises and that is that some methods of cooking destroy the efficiency of this iron, and as demineralized food or unnatural foods or food that is improperly cooked is the method that civilization is following this deficiency in iron is easily accounted for.

HAVE YOU HAD YOUR IRON TODAY?

You are exhorted by the advertisements on the show case to eat raisins and the question is asked, "Have you had your iron today?" Those raisins are beautiful fruits from the standpoint of being nice to look at and are large, tender, juicy and sweet to the taste, and they have been changed from their natural state so that we have raisins now that do not even have the seeds which nature would always provide. They pack nice and they ship well, but they are so unnatural that even if they do have iron it is not in the proper form, and you are exhorted to get your iron that impossible and unnatural way. You can buy the raisins and you can eat them, but you cannot get the iron you need in the proper form that way.

Our Mineral Food System of Health is efficient in getting the wonderful results today because we have duplicated nature. There is very little iron in a tablet of Mineral Food, but what iron there is in our Mineral Food is worked into the vehicle

of sugar of milk in such a way that your red blood cells can get the iron. Nature's processes are duplicated and that is why it works.

YOUR FOOD FAILS TO SUPPLY IRON

Your body is never as well provided with oxygen as it should be for your food does not furnish the iron. The fires of life burn low. You are warned to beware of contagion and infection, which would be impossible if the spark of life was strong. When the spark of life is weakened ever so slightly the danger of infection is much more possible. When the spark of life is vigorous and strong, infection is impossible. Poor combustion in the cells is the beginning of the possibility of infection. A poor spark slows down the life and strength of the body. You slow down a little bit in all your activities. You pant for breath after slight exertion because your spark burns low, and only those who are able to eat and digest and assimilate enough food to more than make up for the mineral deficiencies, are strong enough to keep well, and to avoid contagious diseases and infections. These are the people who seem to be immune to disease.

When epidemics come the first demand on all is to get enough iron to keep up the fires of life by the force of oxidation. And if the cells are not oxidized then trouble begins, and when a crisis in epidemics passes over a community the first serious need is Iron Phosphate. Those who are deficient are easily infected. Those who are not de-

ficient are immune. No more sensible explanation for immunity has ever been offered this suffering world.

When there is not enough iron on the red blood corpuscles to carry the oxygen to the cells in sufficient quantity, then those cells suffer and they make their distress known through the nerve forces by compelling the heart to speed up and force the bloodstream to move more rapidly in order that the iron that is available can get around to the cells more often with its load of oxygen, in order that the fires of life may burn.

It is as though a given task had been assigned to ten men, they being required to do that work in a given time, and two of the ten men fell away from the job, and eight men were left. These eight must do that work in the time allowed, which would mean that the eight men remaining on the job must speed up or the work will fail.

The body calls for a certain amount of oxygen every minute, every hour. There is a minimum requirement for the spark of life. Take that minimum amount as the standard of thought and what must happen if it takes ten atoms of iron to do that minimum labor and there are only eight atoms on the job? It would mean that the eight remaining at the task must speed up to the point where they will deliver the minimum amount of oxygen required every minute, and every hour.

WHY FEVERS ARISE

The heart being a faithful organ, toiling incessantly day and night and never resting from the cradle to the grave, and being a faithful creature assigned to a task that is tremendously important upon which all of the cells of life depend, promptly obeys the commands it receives from the smothered cells crying for oxygen from all over the body all at the same time. It proceeds to speed up and it will work just as fast as it must work to deliver the necessary oxygen, and even though it is supposed to beat only seventy times per minute, it may reach eighty and ninety and more as it forces the blood around at racing speed in the attempt to carry the needed oxygen out to the cells.

The natural temperature of the body should be a little over ninety-eight degrees. If it falls below that a noticeable change in the spark of life takes place and the condition becomes distressing. If the body exceeds that by even one degree sensations in the body will become extremely unpleasant, for as it is said the body will be "ill at ease" and every additional degree increases the distress.

When the blood is racing through the body in this excited state, in order that the spark of life in the cells shall not fail, this excess of speed makes the body hot and we take the temperature and instead of the normal heat of ninety-eight it may be one hundred one or one hundred two and sometimes more. This is the fever conditions we are talking about.

FALSE REASONING

The system of reasoning that has been followed throughout the ages past has seemed to be perfectly sensible. We have been trained to think that the trouble is with the heart when it goes too fast, or beats too strong, and that this is the cause of the fever, and, therefore, that being the case, the thing to do is to make the heart go slower, and so it has been the fashion to put into the body some sort of a poisonous drug to make the heart slow down, a heart depressant to control the temperature—failing to understand the natural causes. We call that a fever medicine. It has been honestly thought that this was the proper thing to do, but good intentions do not overcome the evil of such a violent method of working against nature.

Yet, when the laws of nature are at work to save life, and the body is smothering for oxygen, how can that be understood as in any way contributing to a cure by helping nature to work out the problem of oxidizing the body? It is difficult to discuss this thing with a proper degree of charity, and yet it is not a time for bitterness, even though it be a time for careful and serious attention. From a human interest standpoint it may be a time for earnest and thoughtful discussion, but there should be no sting. There should be the broadest spirit of tolerance toward all. The conclusion *seemed* to be reasonable. The *intention* has been *perfectly honest,* but the whole performance has been absolutely against the best interest of life in the body.

EVIL FORCES CLASHING

A poisonous substance that will hold back the heart is essentially dangerous. The difficulty has always been to use the heart depressant with sufficient skill to avoid stopping the heart entirely. The dosage had to be very skillfully worked out by carefully counting the pulse beats and taking the temperature so as to judge how much poison is necessary, and the age and strength of the patient must enter in, for poisons are more deadly to some than to others. In many cases the whole thing was always an experiment and in any event it was always against nature. What good can be obtained by ever going against a perfectly automatic body, wonderfully made and organized to take care of itself, if given a chance? Any unnatural thing at a time of crisis like this could be nothing else but dangerous, and the best physicians in the world today have ruled against such methods and refused to follow in the footsteps of the fathers.

It has been a frequent fashion in the past to meet this danger of stopping the heart by another medicine which has been called a heart medicine and was kept on hand to use when the heart slows down and there was danger of it stopping because of the other medicine—a depressant to hold it back and a stimulant to speed it up in case of a sinking spell. A fever medicine and a heart medicine, the one working against the other, much like the man who would drive down the street and manifest his foolishness in such a silly way as to beat his horses

with a whip to make them run and then to pull them back on their haunches by the bit to make them stop, first doing one thing and then the other. So we hold back the heart and then whip it up, and, after we have whipped it up we put on the brakes and hold it back again. All of the time the thing that is going on in the body is that nature is not only fighting for oxygen but faces another emergency of disposing of the poisons that are being used. If any healing results, it cannot be the heart depressant that did it, nor can it be the heart stimulant that did it. It can only be the laws of nature working under those blessed laws described as *"The healing power of nature."* If the body is able to stand all of these disturbing poisons long enough the crisis will be safely passed. If the body cannot stand the strain long enough then you have heard the remark made at many a funeral to the effect that everything was done that could be done, but the poor fellow's heart could not stand the treatment.

WHY NOT HELP NATURE?

Why should it be counted strange or impossible? And why should there be any doubts from a theoretical standpoint that when we discover the real problem of nature is to deliver oxygen to the cells and that the body needs the oxygen and that the lungs are full of air but that the oxygen cannot be gotten back to the cells because the little red blood cells are not provided with enough iron to carry

it back, then what would be more natural than to simply help nature by supplying the need of Iron Phosphate, so that the blood cells can carry the oxygen back to the cells? When nature asks for iron, why give dope? When the heart is doing what the cells demand under the laws of nature, then why put on the brakes and defeat nature's method of healing?

Someone says to me, "But surely you don't mean to contend that by simply eating that Mineral Food No. 4, which is Iron Phosphate in a fine delicate form, a crisis like a high fever can be brought under control?" And the answer is that such things happen every day. It is working fine just that way. I am not talking theory, unsupported by facts. If there were nothing but theory behind what I say the Mineral Food movement would have perished long ago. I would not be guilty, for any consideration, of attempting to persuade anybody to do anything that would not bring peace and comfort and victory, and until I knew that the case was just this strong my lips would be sealed.

AS GOOD AS IT LOOKS

This Mineral Food works just as good as it sounds. It has been proven time and time again, scores of times in my own family; hundreds of times in the families of our Mineral Food homes, and it does not fail. It has no element of danger in it as other methods have; it is perfectly safe; it is perfectly sensible; it is perfectly natural; it is

exactly the demand of nature; it answers the positive need in any such case as described and there is no disappointment because it works in a tremendous way. It is not unusual for results to come quickly, for in acute cases the action is frequently rapid as well as certain. In cases where there is a great malignant power behind the fever it may take time, but it meets nature's need and gives nature strength to fight its own battle, and no better thing can ever be done in any case.

Is it to be wondered at that our Mineral Food members become enthusiastic and are living advocates of a system so fine as that? I cannot think of anything that will give a greater feeling of security in the home than experience after experience in mild forms and then serious ones and every time with victory and never disappointment. This is the experience of our Mineral Food friends.

When the mother or father of any home once senses the feeling of security that arises from such experiences with no guess work or doubts, always working true to form, then that is a home where enthusiasm is bound to result. It is so tremendously satisfactory to have the feeling that if someone calls for help in the home tonight and a raging high fever is found that it is only a matter of a few hours until it is over. This is accomplished without any evil after-effects, such as a weak heart, or a need of a tonic, or any of those things experienced in the general run of past practices.

Every year epidemics and diseases of a disturbing nature sweep the country. Those whose bodies are not prepared for the emergency, are those who most easily become the victims of the waves of distress, sorrow, sickness and death that follow in the wake of epidemics every year. It matters not whether you call it the flu or the grippe, and it does not matter whether it takes the form of pneumonia or typhoid, it does not matter in the least what the name of the disease may be for it is a problem of oxidization and a fever arises and the demand of nature is to supply the need—which is more iron in the proper form.

PREVENT THIS DISTRESS

Can you visualize the heartaches and distress, the burdens of expense and the loss of time, the loss to the economic life of our nation, the financial burden that is placed on the home, and especially when the breadwinner is taken away from his task and his earning power ceases? At such times it looks like everything has gone wrong and every member of the family from the oldest to the youngest, is made to sacrifice to the point of endurance, and sometimes suffer for the needs of life.

You may have the feeling of fear that it might not work. You may feel that you do not dare to assume the responsibility of proving it. I can remember the heartbreaking anxiety of my own experience when I first reached the point where I felt

I must test this out in an emergency case in my own family. The sense of agony as I watched for results was awful, and I would not scold anybody or say an unkind word to an anxious father or mother who is not willing to trust to the theoretical line of reasoning presented, for I know myself how hard it is. I would rather pick up the shovel and toil that way for my living than to prey upon any anxious individual at such a time. But you should at least assume the responsibility of proving this out step by step on minor ailments first, gradually learning how certain it is, so that you may be ready to prove it strong when some emergency arises. Remember if you do not assume this responsibility you are assuming another. If you refuse to learn how good this is you are at least placing your trust in old methods that even the best physicians have lost confidence in. Refusal to accept a new responsibility does not release you from the responsibility of depending on past mistakes.

THE FULLNESS OF EXPERIENCE

I wish from the bottom of my heart that I could take the world with me as I go about and hear of these victories. My life is full and rich in this experience. It is peculiar to the task that I have been forced to assume. It is my work. I wish that all of you could hear the stories of victory told by mothers who grasp my hand and tell me of the victory they have won under trying circum-

stances where their faith was tried, where their anxious heart almost beat in agony as they ventured to test it out, and then when they observed that victory followed victory and they learned to have confidence in the laws of nature, notice their sense of security and the enthusiasm they manifest.

It would take a man that was bereft of human sympathy to go about in this world and hear the things that I hear and see the victories that I have seen others win for themselves and not be moved with compassion and thrilled with an anxious desire to carry on. This is why I hunger and thirst for a greater power of persuasion. I know that the world needs the message and I know how hard it is to believe. This is the thing that keeps me awake nights as I analyze myself because of the times when I fear I am not up to my best. This is the thing that makes me feel that I am an unprofitable servant and a weak advocate of the biggest and best thing ever given to the world.

Not long ago I called at a home where the youngest boy of the family had recently been laid away a victim of typhoid fever. I hesitate to say all of the things that were said at the time, for much bitterness was spoken. This family lived in a community where an intolerant spirit prevailed and they felt compelled to pass the case of their son over to the old regular way under the doctor and nurse. So far as they could see the boy was doing nicely. The fever was not high. He was reasonably comfortable. He was resting nicely and yet

the folks in the neighborhood kept coming in and forcing upon them the idea that they were doing something almost criminal in not having a nurse and a doctor at hand.

This mother had had wonderful victories in that home with Mineral Food and they had confidence in the Mineral Food System, but they felt that they had to give way to the popular demand and they called the doctor. The doctor called the nurse and the two assumed complete control and the Mineral Food was set aside. The regular things were done, the things that the fathers had taught, the things that had always seemed reasonable to do, but which were against nature.

With tears streaming down her face that mother berated herself for her weakness in giving in. She felt that she had made a mistake. She might have known that it would have been just so, for as soon as the Mineral Food was discontinued the fever began to come up and even though it was said that the case proved to be a very malignant one and although all sorts of perfectly reasonable excuses were given, that mother will never recover from the conviction that if they could only have been left alone; if they could only have followed nature as they had learned to do; if they could only have maintained control, which up to the very last moment when they were in control had shown a constant victory for them, that the darling of the home, the pride of the father and the joy to the mother,

would have been with them still. They believe they could have won the victory.

These are heartbreaking times and heartbreaking experiences from every standpoint, and from every phase. We all need the help of an enlightened and quickened public opinion. We all need to be anxious as we observe the tendency of the times, and those tendencies are away from nature, where there should be confidence in the laws of nature. We need to learn the certainty of nature. We need to sense the all sufficiency of nature. We need to prove out Mineral Food.

Lose no opportunity. Do not wait for the emergency to arise. Learn your Language of Nature. Master the course of lessons. Become familiar with every detail. Be ready, be prepared, prove it out, and I say to you with a firm conviction of experience the bigness of which has passed all of my expectations, the longer you live in the midst of these things and the more you see of the splendid provings possible with the Mineral Food System of Health, the more tremendously you will be convinced that we are giving to the world the biggest and best thing on health. When you prove that this is so, you are going to put your best into the work of spreading this great movement on Health.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

CHILDREN'S DISEASES

CHAPTER 10.

The life and health of childhood is a sacred obligation. These dear children did not ask to come into the world, but now that they are here they have a sacred right to live out their time and in childhood that sacred right is trusted to parents and society. A failure to discharge that sacred obligation is a deplorable breach of trust.

The tremendous amount of infant mortality and the widespread epidemics of children's diseases are sweeping our country clean, breaking the home ties that are most tender and nipping in the bud the blooming hope of our nation. This is a problem that any man of sensitive morality, or of ethical decency, must approach with care.

It is with a feeling of responsibility so great as to create a sensation of shrinking from the load that this subject is discussed. Experience compels me to say that I am honestly and tremendously convinced that the only excuse for all of this woe is the failure to realize some of the most simple things to be known about nature, and these multitudes of funeral processions of young lives nipped in the bud, not permitted to live out their destiny with such tremendous loss to the home and to society, need not be, if only the laws of nature were

better understood and complied with in a natural way.

I cannot make such a statement as the above without thoroughly consecrating what poor power I may have to the next great problem and that is to make sure that no weight of evidence, no power of persuasion shall be neglected.

THE MOTHER AND HER FOOD

The infant comes into the world under the most distressing conditions. During the period of formation, close to the mother's heart, the babe is dependent upon receiving the natural elements required for a perfect development through the blood-stream and the life forces of the mother. If those forces are deficient, because of the unnatural life that we live, and the unnatural food that we eat, and because of a demineralized diet, which sacrifice had been made for the sensations of food demanded by the habits of society which are fastened upon everyone, then all of this works in such a way as to deprive that mother.

THE SINS OF THE FATHERS

Then who is to blame if that infant reaches the world poorly equipped or not equipped at all? The world has been taught to say that the sins of the fathers are visited upon the children, and there are heartbroken parents and humiliated homes all over the land where children are born deformed

and disqualified for the struggle of life. The thought runs in the minds of neighbors and friends that surely there is something wrong with the father or the mother, or the grandfather or the grandmother, and the odius load of rebuke has been attached to these things that would never have occured if nature had had a chance to do the correct thing.

I can never witness such a thing without a feeling of depression, for I know what the heartache must have been as lives go through the daily existence with the aching sensation of a rebuking world. The finger of scorn may not be pointed, friends and neighbors may be charitable in their looks, but somehow there is an atmosphere, a peculiar penumbra which spreads itself over the minds of all involved and they have the feeling and not without reason that folks are thinking these thoughts of rebuke.

THE REAL PRE-NATAL INFLUENCE

Lime is the great need in the growing babe, close to its mother's heart. Lime is the great deficiency in all of the food. Mineral Food No. 1, which is Lime Fluoride, and Mineral Food No. 2, which is Lime Phosphate, build the bone, and the mother must furnish these lime minerals, and if her food is unnatural and demineralized it places a heavy drain upon the mother's body. Her teeth decay because under the laws of nature she must sacrifice to the limit of her natural power. Her

strength ebbs and flows. She suffers the agony of pain caused by the lack of these minerals in her body. For months this goes on while she pays the price and makes the sacrifice, and then once in a while, when the need is desperate and the conditions are distressing, after the price of pain and distress has been fully paid, a babe is born with malformation and with improper bone tissues, and there is no just cause that can be alleged when one comes to understand the laws of nature, except the fact that the poor mother did her best and it was to no avail, for the bone could not be formed properly unless the mineral needs could be supplied.

MALFORMATIONS

Why did not the bone form correctly? It is so simple that the "wayfaring man though a fool may understand." Such a bone as a clubfoot, or the failure to produce bone, such as the child that is born without hands or feet, or any malformation such as the hairlip or the soft palate, have all happened because nature has done the best thing possible under the circumstances. It was not a freak of nature, and it was not the sins of the fathers. It was just unnatural, demineralized food.

When bones are not correctly formed it is another one of those conditions described in the Lecture on the healing power of nature. Other minerals have been taken to substitute for the lime the mother could not provide, and nature made the best bone that could be made with the materials

at hand. It is as though the law of nature had decreed that it is better to have a crooked, poorly shaped bone than no bone at all. But when Lime Phosphate and Lime Fluoride cannot be obtained for the natural processes, then some other minerals such as Magnesium, or Silica, or Potassium or whatever minerals were available, were used. But these substitute minerals could not make as fine a bone as the natural lime mineral would make, so the bone that is formed is not the right kind of a bone and does not take the right shape and is not of the right structure. The dead grandparents may have been guilty of contributing some to this malformation, for no doubt they did as we do and tried to get as good a food as possible, but their guilt had no more than that to do with the matter. The mother may be just as guilty as you or I, or anybody else, for we are all weak, erring creatures about the food we eat. We are bound to do what the world does and eat what the world eats, and we are tied up in a civilization where we must follow the fads and the fancies of the time. All of these things may be true, but the guilt should lie on the conscience of society rather than on the broken heart of the mother who paid the price and did her best with everything against her.

INFANT DISEASES

After the child is born, even if it seems to be all right so far as can be observed by the naked eye, still it comes into the world in many cases with a

deficiency of the lime elements and suffers the pains of babyhood in teething because of a deficiency in No. 1 and 2. Infantile paralysis may follow from this deficiency of minerals, and it suffers cholera infantum, and practically all of these baby diseases are due to lime deficiency.

It is time that society begins to assume its share of the blame for all of the suffering and heartache that is pressed upon the few victims who are constantly paying the price for the sins of the entire race. I am proud of the fact that the Mineral Food System makes these sins of our food follies the sins of all, rather than just the sin of those who suffer.

The world may laugh me to scorn. The finger of hatred may be pointed my way by those who fear their business is going to be injured and the storm of controversy may rage all about me, but I am glad to feel that I can lift my face to my God and my head to my fellow men and walk the streets, justified by a sensible answer to all of these mysteries and vagaries of past ages. My life is full to overflowing with the satisfaction and enthusiasm that enables me to say that if I cannot be popular, at any rate I have "bread to eat that the world knows not of," which bread is the conviction of a big value delivered to all who command this service.

Most of the diseases of infants come in the deficiency of the lime minerals, No. 1 and No. 2. But after that period of babyhood is safely over the

children's diseases of the school age begin. The epidemic diseases of this period are an entirely different problem.

SCHOOL AGE DISEASES

About the first day of September of every year our children are taken away from their natural physical life of play in the open air, to which they so naturally respond, and gathered together in the school room. We have learned that the man or the woman who faces the responsibilities of adult life, without proper educational training, is poorly equipped and can scarcely carry on in the great competitive Marathon race of life which has its beginning at the cradle and has no end except the grave. No fault is to be found with that program. It must be so, yet every year this school program works havoc to childhood.

Your boy or girl is made to feel that he must do well at school; that he must be bright, quick and intelligent; that his wits must be sharpened, and you are proud of your children in proportion to the way they make good on this performance.

PHYSICAL EFFECTS OF MENTAL DEVELOPMENT

This means that they are required to specialize on nerves. They must build up their brain power. One of the twelve minerals of the body is used in nature's plan to build these gray-matter cells. It is Potassium Phosphate. Such an intense speciali-

zation on nerve and brain development, as the experience of life has taught us to require of our children, becomes a heavy drain upon the body to furnish this mineral which is demanded in a greater degree than the food we feed these children can supply.

The food is not right, for it does not bring up a sufficient quantity of this mineral. It may be sanitary food, but it is demineralized food and is so unnatural that even sometimes the mineral that is in the food, such as in a big delicious looking apple or orange, is not in the proper or natural form because these foods are so unnaturally grown, that they are not natural foods. The case is set against the welfare of the child and you cannot help it, for you must live as the world lives and eat as the world eats. For you might as well be out of the world, as not to be a part of the world.

The child works on sharpening the wits, and this mineral becomes deficient and the gray-matter cells suffer for the need of their natural food and make that need known by nature's method and the child becomes nervous and irritable and gives signs that any mother would be able to understand if she only knew the Language of Nature, all of which would mean to her that her boy or her girl needed No. 6, Potassium Phosphate, the mineral which builds and sustains the gray-matter cells, and keeps up the chemical vibrations of life that take place in the brain cell while the child specializes on development of wits. If the need is not supplied,

nature must resort to some method of getting this mineral and this is done by demanding a sacrifice of other minerals in the body.

MINERALS CHANGING BASE

Potassium Phosphate is the great need and there is another mineral in the body called Potassium Chloride, just a different base or formation on the same original mineral. The chloride form cannot be used in the body to support the gray-matter cells, for it has another task to work upon. Nature does the best thing it can do. This mineral for gray-matter cells must be provided because the child is being forced by the rules of its life to develop on wits and must work at it and make good, and so nature responds by taking this Potassium Chloride away from its natural function in the body and the chloride is disposed of by chemical processes, for the body is a wonderful chemical laboratory where chemical changes take place all of the time. Some other mineral, perhaps a Sodium Phosphate, is taken away from its natural function and the sodium is released and carried out through the kidneys, and the phosphorous is then free to unite with the Potassium and thus the needed Potassium Phosphate is obtained to carry on the work of the gray-matter cells. It is the old proposition illustrated in previous Lectures of a change of base to provide a need, and in this way the process of meeting the demands of life goes on.

By this process of changing base the other minerals used become deficient in the body. When Sodium Phosphate is deficient the acids of the body are not properly neutralized, for this mineral is the alkali that controls the acids which are natural to the body but must be under the control of this alkali.

When these acids are not under control the child has heartburn, sour stomach, acid in the vomit, acid anywhere. Worms require an acid medium in which to live, and hence many children have worms as a result of a deficiency of the mineral alkali which controls the acids of the body. Not necessarily too much acid, but acid without the alkali.

Sore throat often has its beginning with acids that are discharged in the throat which irritate and burn the delicate membranes. Such conditions break down vitality all over the body. Any mother can notice the sour breath. Any child can tell when it has a sour taste in the mouth, indicating a need for Sodium Phosphate, which is Mineral Food No. 10, and many a child's life could have been saved if this simple Language of Nature had been in the home and the mother and children had lived with it until they learned it.

I see children on the street going home from school who advertise the dangers of their young lives by acid signs on their faces. These signs are easy to read. Any mother can do it. The poor kiddies are dependent upon their parents for this

hope of life and efficiency. They do not know, and their parents do not realize the need.

In the second semester when the strain of the school year begins to tell most seriously these signs always become more pronounced, and the danger is greater, and the young life is hanging on, waiting for summer vacation which brings the chance to gradually recover as fast as poor unnatural and demineralized food can supply the need with the help of a more natural outdoor life of play. But even this hope is soon to be taken away from these children who have no voice or vote in the matter because there are educators who are so crazy as to agitate for school the year round.

But notice another deficiency takes place. Potassium Chloride is taken away to do another duty and now this becomes deficient, unless a greater supply is obtained. Its work in the body is to change the form of albumen so that it becomes a fibrin, for the albumen must be in this form because the tender life of childhood demands fibrin as the necessary substance for the development of new cells in a rapidly growing child's body and is absolutely necessary for a growing child.

THE HEALING POWER OF NATURE

When the Potassium Chloride becomes deficient and the fibrin becomes inert and useless it must be discharged, otherwise more trouble will arise, and if it passes out through the child's tonsils

you say tonsilitis; if it comes down to the thyroid gland you say diphtheria; if it comes out through one set of vessicles in the skin, you say measles; if it comes out through another set of vessicles in the skin you say chicken pox; if it passes out through the trachea or windpipe you say croup; if it lodges in the glands of the throat you say mumps, and if it drops down lower in the throat you say membraneous croup. You drive down the street and you see homes decorated with different colors as a warning of disease. One sign says diphtheria; another measles and another scarlet fever. The epidemic sweeps the country and the flower of life is nipped off, and the research laboratories are rummaging around in mysterious ways hunting for germs.

HOW TO FIGHT GERMS

But what of that? None of these germs can do any child any harm unless there is waste fibrin somewhere being discharged for the germ to feed upon. Yet although these things can be proven in any home and although you may easily demonstrate the efficiency of this Mineral Food System, the world holds back because it sounds new and strange. The true way to fight germs is to starve them by preventing these discharges. Future generations will look upon the germ theory of the 20th century with just the same laughing scorn that the present generation looks back on ancient times when doctors believed that sickness was a case of the devil infecting the body.

WHY NOT SHOOT THE GERMS NOW?

It was not long ago that there were scientific men who were orthodox in their convictions and who believed that it would be a good thing to load a cannon with gunpowder and take it out into an open lot and not put a bullet or shell in that cannon, but just powder, and elevate the muzzle of the cannon to the sky pointing at nothing and shooting it off, in the belief that by so doing the germs of disease might be killed. It is ridiculous to our present knowledge, but it is no more ridiculous than some of the things that are believed today will be to future generations.

And yet I would not have anyone think that I mean to say we do not have germs, and disease germs at that. I would not combat the effort to stop the bad practice of coughing in someone's face. There is too much evidence to sustain all of these things and besides all of that, I have seen germs at work and at play as others have done in the laboratory. If the spark of life is low, germs are dangerous. But the amazing thing to me is that the world is so slow and hesitates so long to grasp the opportunity to prove what wonderfully intelligent creatures these germs are when they strike a place where they cannot work, where the spark of life is so strong that they can not play their havoc habits.

Any home can prove these things are so. The germ lives on the food that is natural to their

organism. If it does not get that food it will starve and die or pass into the resting stage if you prefer that term. But if the spark of life in the cells is strong the germ cannot get the food upon which it lives. It lives on decaying waste matter. What could be more natural and sensible, and how else can you better explain the problem of immunity. Raise the question in your own mind when the next epidemic sweeps across the country and the germs are everywhere and ask yourself the question, *"why are some immune?"* Is it because the germs do not get them? Such a thought is ridiculous. In fact, it is frequently noticed that one child was sleeping with another at the very time the disease was most infectious and yet that child did not and could not catch the disease.

Why this immunity? And until someone can offer a better explanation of immunity let the world seek a better answer.

And right now at the time of the publication of this book our country is facing an epidemic. In some places schools are closed. Homes are broken, hearts are aching and civilization is in distress, and the worst thing of it all is that the dear innocent little creatures who deserve a chance to live are the victims of society which is universally guilty of the sins of sensation—a society that would prefer a delicious food which tickles the palate with the peculiar sensations so sweet to taste than to have a food that is natural.

It is impossible to go back to a natural food, for such a sweeping reform as that would shake the foundations of society. It would disturb all business, and would make men and women hate one another. Such a reform would be much more difficult than the prohibition of liquor. Observe what men will do and how they will fight to maintain what they consider to be their sacred right to drink a poisonous liquor if they want to. But if we were to undertake to compel the world by statutory law to stop eating unnatural food, what a roar and a wail there would be and what a deep chasm would be created between the convictions existing on both sides of the question.

WHY NOT TRUST NATURE?

The hope of such a thing is impossible. The suggestion would be ridiculous, and yet there is a way of escape so reasonable that the only thing that prevents it from taking lodgment is the prejudice of the uninvestigating mind and the tendency of so many to follow the traditions of the fathers. It is so easy to believe the thing that everybody else is believing. It is so hard for a new principle to find its place in the sun and yet there is a way of escape. It is the natural way. It is the way which is operated by the Master Mind of the Universe. Those who see what they look at, and those who listen to what they hear, and who get the meaning of what seems new and strange, are those who are reaching out and who are receiving for their

great good the best thing ever offered the world on this distressing problem of health. They are sifted out of the masses of humanity as *the elect* and the message comes to you.

No greater duty can be placed upon any one than the duty of serving his fellow men. There is no higher conscience than that of rendering a service that is greater than the recompense received. That also is a law of nature. It is the law that teaches people the difference between good and evil. That great law is that the service of good gives more than it gets, and the chief characteristic of those tendencies peculiar to evil is that the attempt is made to get more than is given.

YOUR GREAT OPPORTUNITY

The opportunity comes to you to prove the wonderful laws of nature by following these principles and proving them.

In the meantime hearts are breaking and lives are in danger. There are loved ones of your own flesh and blood, as well as your friends and neighbors, who are waiting on you. They may not realize that they are waiting on you but they are in danger and they know it not. When the clouds of anxiety have been lifted from you after you have proven that these things are true then you are going to be proud to show your friends that you have learned a great truth, which truth has set you free from the fear of sickness and disease and premature death.

THE WATER LEVEL OF THE BODY

CHAPTER 11.

The most wonderful thing about your body is the perfectly working automatic methods by which it takes care of itself. Seventy per cent of the human body weight is water. The water element must, therefore, be tremendously important. But strange to say, if you will search all of the scientific literature in the history of science you will find very little consideration is given to this tremendously important element. And yet, many lives are lost because this water substance becomes disturbed and this water adjustment is "monkeyed" with so seriously as to destroy nature's fine automatic arrangements.

There are multitudes of billions of cells in your body, and every one of them must be bathed in water and must have water inside of its cell walls. It is, therefore, not to be marveled at that so much of the body is water.

The cells are laid in layers and built up in a splendid mechanical way around the connective tissue of the body and there must be a fine thin stream of water in the spaces that lie between the cells called the interstices of the issues. Every

cell of life, whether vegetable or animal, must be bathed in water. We call ourselves land animals, for we walk upon the land and we breathe the air and we are not like the fish that live in a water medium. So we say water animals and land animals. But after all, life in every form is dependent upon water.

If the cells of your body are not bathed in water and do not have water inside their cell walls they die. They cannot live except in a water medium. Nature has devised a splendid scheme by which the water is conveyed to the cells of your body and so perfectly distributed that it is kept at a perfect level. It is one of the most delicate arrangements of life. It is one of the most important needs of life.

VITAL TO LIFE

The water content of your body is vital to life, and that mineral known as Sodium Chloride is the mineral that is used in nature to provide for this fine distribution. The mineral in your body known as Sodium Phosphate is the mineral that is used in order to keep up the supply and to keep the water from becoming deficient so that it does not fall below the proper level. The mineral in your body known as Sodium Sulphate is the mineral that automatically adjusts the water level so that there shall never be a surplus of water in your body, and hence this phrase "the water level of the body" is a proper expression. The level

must be exactly right. If there is too much there will be distress. If there is not enough there will be a different kind of distress. The line must be just so finely drawn, and just so perfectly adjusted to such a fine point that the water level is exactly right. This is the problem which we propose to discuss in this Lecture.

THE STEAM BOILER WATER LEVEL

I drive a Stanley Steam car. The boiler on this car has an automatic valve which operates in such a way that when the water level gets low the steam will enter and heat an expansion tube so it will close a very delicately adjusted valve which moves only about one sixty-fourth of an inch—just a little bit—but so delicately adjusted that this slight movement will close a "by-pass valve," and in this way compel the water pump to force water into the boiler against the five hundred pound steam pressure the boiler is supposed to carry.

It is a wonderful little piece of mechanism. It works in a wonderful way and it never fails. When I first began to drive this car I had a feeling of nervousness about that valve for fear it would not work, but I have become so accustomed to it that now I expect it to work. And yet wonderful as it is, this valve cannot be compared with the wonderful mechanism of your body.

MAN COPIES AFTER NATURE

One of the amazing things about the human body is that it seems to be the natural prototype or basis for every ingenious piece of machinery man makes. Without knowing that we do it, mankind seems by instinct to create and invent mechanisms that are the counterpart of natural creations that the great Master Mechanic of the Universe has worked out before us. This little valve on my steam boiler opens up and shuts the water off in such a way that my boiler never becomes flooded, and it closes up and forces in the water in such a way that my boiler never goes dry. It was my experience with this boiler that caused me to think about the water level idea, and gave me this new setting for illustrating this water problem of the body described in this Lecture.

We will take up the method by which nature supplies the water in the first place. It comes to you in the food you eat, for the meat you eat contains water, and the bread you eat contains water. There is scarcely anything that you eat which does not carry water into your body.

YOUR WATER PRESSURE SYSTEM

Water enters the stomach and the intestinal tract, and when water is needed it is pulled into the bloodstream from this intestinal food canal. It is done by the drawing power of Sodium Chloride, the mineral that should be in your bloodstream and in all of the cells of your body. But there

must be more Sodium Chloride in your bloodstream than there is in the food canal. If the balance is disturbed the bloodstream cannot pull the water out of the food canal, for if there is more Sodium Chloride in the food canal than there is in the bloodstream, the water would be pulled the wrong way.

When the water enters the bloodstream it flows out past all of the cells out through the interstices of the tissues or the middle places between the cells, all over the body and all around the multitudes of cells. The water passes in a thin, fine stream and when the cells need water it is pulled inside the cell walls by the drawing power of the mineral known as Sodium Chloride, which has a strong affinity or attraction or pulling power for water. It works perfectly as long as the continuity of the mineral that controls the water substance of the body is not disturbed.

If this mineral (Sodium Chloride) is properly distributed throughout the body the water will be constantly pulled from the food canal into the bloodstream and from the bloodstream into the cells, and a perfect balance of the water content will be maintained. It is a wonderful law. It works in a wonderful way. It was devised by the Infinite Mind. Nothing better could be done than has been done for your comfort and well-being.

This mineral or dust of the earth, which we call Sodium Chloride, is known in common terms as

table salt, and at first thought you would be inclined to jump at the conclusion that there could be no deficiency of this mineral in the body, for salt is so cheap and we use so much on all of our food, so that we must certainly have enough salt.

THE POSSIBILITY OF TOO MUCH SALT

I can remember, when I was a boy in school, of reading the story in my second or third reader about a doctor who approached the king and asked the king to permit him to experiment on a murderer condemned to die. The king granted the request and the doctor took all of the salt out of that man's food and he died a miserable death before the time came for him to go to the gallows. Many things have been done to impress upon us the necessity for salt and we seem to think that there is a wonderful virtue in using large quantities of salt. But it will be well to look carefully into the problem and see what happens when we eat large quantities of salt.

If you take too much salt into the stomach and intestinal tract, and you make the food canal more salty than the bloodstream, you can see at once that the water will be pulled the wrong way. Did you ever see back-water at the mouth of a creek or river when the water in the main stream was so high that the stream was backing up in the creek? If you have you will remember that you never saw any filthier or dirtier water in your life. Backwater is always filthy water. It is so in your

body. The water that you take into the food canal which passes out into the bloodstream and then to the cells of the body, is pure, sweet, clean and wholesome water. But when you start the water flowing backwards and have back-water in the body, it is filthy stuff.

When the food canal becomes more salty than the bloodstream it will pull the water out of the bloodstream, and an individual in that condition will suffer an almost perpetual thirst for water. The cells are choking for water, and they express their needs through the nervous system by the manifestation of that sensation which we call thirst. The body calls for water and you drink large quantities of water, and it is the thing to do under those circumstances, for when the food canal becomes too saline it takes a large quantity of water to modify the saline condition so as to reduce the heaviness of the salt content in the food canal to prevent the fine water level of the body from being thrown out of balance. The salt is washed out that way to protect the bloodstream so the water will not be pulled out and away from the real point of need.

If you will begin to observe your experience you will see what has been going on in your own body or those about you. Anyone who has formed the habit of eating large quantities of salt day after day and year after year, is surely tampering with nature in this way so persistently as to cause a mal-arrangement in the water content of the body.

If the water is pulled out of the bloodstream, eventually nature must adjust the mal-arrangement of water by forcing the bloodstream to take unto itself a water that is too salty, and that makes the bloodstream too saline. There is too much salt there, and that will react in such a way as to pull the water out of the cells until the balance can be restored and more water taken into the cells. Then the cells may become dry, and so the mal-arrangement and mal-adjustment of the natural problems go on and water runs out of the nose and out of the eyes and some have hay-fever and some have colds and sneezing, and all of the time it is nature attempting to do the best that can be done to re-adjust this mal-adjustment and to re-establish the fine, thin stream of water which should be all over the body.

Nature will not permit the level to become too high, for there are other laws to prevent that danger. When a disturbance arises in this mineral substance of the body the water distribution all over the body around all of the cells of the body is out of balance, and many diseases are due to this thing. That is, too much salt in the wrong place and not enough salt in the right place, and hence the natural automatic adjustment of the water level of the body is destroyed.

This Sodium Chloride mineral, which we call Mineral Food No. 9, is recognized as one of the vital minerals to life. There are three such minerals that are vital to life. No. 2, because it con-

trols the food. No. 4, because it distributes the oxygen, and No. 9, because it distributes the water. These three things are the three fundamental necessities to all life: food, air and water.

WATER DISTURBANCE DISEASES

You have observed that in many diseases of a wasting nature, such as Bright's disease, or heart diseases, the final symptoms, or the final form when the disease becomes fatal, is often dropsy. We have been accustomed to say that there is too much water in the body in a case of dropsy, and those who are suffering with dropsy are frequently suffering also with a consuming thirst and the cells are crying for water. It isn't a case of too much water at all, but a case where the distribution of the water over the body has become disturbed. You cannot use water in the body unless that water is under the control of the mineral designed by the great Master Mechanic of the Universe.

Water and Sodium Chloride have a chemical affinity and an attractive or pulling power for each other. The water that is in your body is disturbing to your body and cannot function there unless it is under the control of this mineral. When this mineral becomes deficient that water must be discharged. It rushes out because it cannot be used in the cells unless under the control of this mineral. It is discharged from multitudes of billions of cells all over the body at the same time, for it

must pass out that way, and then the bloodstream must protect itself by getting rid of this surplus water.

If it cannot pass out through the kidneys and the bladder fast enough it must pass into some other channel. It is nature attempting to save itself. It collects, in some region most easily invaded because of sagging or flabby tissues and we say a tumor or dropsy as the case might be. Then we operate on the tumor or tap the dropsical condition and draw off the water and refuse to give the patient water to drink while the cells may be choking for water, for the salt content, or the Sodium Chloride mineral, is not distributed in the right way.

The blood may be found to be too salty. That is the very reason the water is being pulled out of the cells. The saline condition of the food canal may be heavy. If so, that is wrong, for the salt distribution should be so that the pressure placed upon the drawing power of the water will pull water out of the food canal into the bloodstream and then out of the bloodstream and into the cell. If it flows that way all will be well and if it does not flow that way, the situation is deplorable and dangerous.

To take more common table salt into the stomach or food canal is not only wrong, but dangerous. You cannot get salt back into the little fine cells of the body except in a food form. It must be in

the organic food form. There is no other way to do it, and that is the reason we have had such wonderful results by the use of the Mineral Food in just such cases as above described, for we have duplicated nature and a way has been found to put this very necessary salt right where it is needed to restore the balance. By the use of our Mineral Food the needs of the body can be supplied in such a way that this No. 9 Mineral Food will enter the bloodstream and pass into the cells and restore the balances, so that the pulling power on the water element of the body will be towards the cell instead of away from the cell; so that the water will pass into the bloodstream and then from the bloodsteam into the cells, instead of pulling the water out of the cells and into the bloodstream, from whence it must be discharged.

We even train ourselves to eat too much salt. The packing houses, without ever intending to do any harm, have been advertising and promoting salt meats for years, and it is being eaten in large quantities. It is purely a problem of commercialism, for some method must be devised of preserving the meat. Meat cannot be consumed every day in just the right volume from a commercial standpoint, and it is cheaper to salt meat down than it is to keep it frozen. Certain types of meat are very easily handled this way—such as bacon and ham, and there are those who have cultivated a taste and habit for this kind of meat to the extent that they are everlastingly and constantly overloading the food canal with a surplus of salt.

THE SALT HABIT

When the taste for salt is once cultivated the habit grows. There are those who sprinkle a thick layer of salt on their potatoes and meat, and sometimes you see them put salt on their bread and butter. They want everything salted down. It is perhaps more common among the commercial traveling men of the country who move from one point to another and eat in all kinds of hotels and restaurants. They become almost nauseated with the change of foods and different odors from different dining rooms and kitchens, and they develop a habit of salting everything down, for they can eat it better that way. Then they go home and do the same thing and the good wife and mother, who is trying to please the bread-winner, begins to salt things more because she wants to please the taste, and the entire family gets that salt habit.

I remember my horror one day in noticing this salt habit of one commercial man whom I met on the train. We began to discuss the great needs of the country. We were loyal members of the same great party and seemed convinced that it was our duty to save the land. We knew who ought to be president of the United States, and who ought not, and an election was pending. We left the train and went to the nearest hotel and sat down on opposite sides of the table and continued the conversation. When the waiter spread the food before us my companion was taking his turn at talking. He was earnestly proclaiming the great po-

litical truths and convictions of his mind and picked up the salt shaker and began to spread salt all over everything. I watched him with amazement until that amazement advanced to horror as I saw him shaking salt into his coffee. I ventured to warn him, thinking that he was so interested in his political discussion that he had forgotten himself, but he laughed at me with the remark that when my hair became as gray as his hair had become with long years on the road I would learn to overcome the ever-changing taste of Arbuckles coffee at one place, and Mocha and Java at another place, by salting it down, for he had discovered that there was only one way to make it all taste alike and that was to put salt in his coffee.

The water level of the body must be perfectly maintained, but it cannot be maintained this way. All of these things described above disturb the water level. The water is vital to life. You could not live without salt, but the concentrated form taken in that way throws the whole arrangement of the body out of balance. It is an evil instead of a good. It is causing disease. It is breaking down health. It is necessary to life when it is used right. It is against nature and finally causes premature death when it is used wrong. There is no danger of not getting enough concentrated table salt. Any good cook is compelled to use as much salt as you ever need in the food canal. Under our present food habits there is great danger that you *will eat too much table salt.*

YOUR WATER RESERVE ADJUSTMENT

You have never realized, perhaps, what a constant demand for water there is in the cells. You cannot have a surplus scattered all over the body and you cannot even carry a surplus of water in the stomach to be called upon for the supply of cell life at a time of need. You have never stopped to consider that it was necessary in the making of your body for the Master Mechanic of the Universe to provide for a surplus.

The camel has been afforded that extra reservoir in the mechanical construction of his body, but your body was not made that way. The camel can go days without a drink of water by drawing upon his reservoir. You are only able to carry enough water for a few hours without taking water, or food containing water, but you could not even abide that length of time without constantly supplying the need if it were not for the fine arrangements that have been made in your body for carrying a surplus of water. It is done as follows:

There is a fine, thin stream of lactic acid all over the body. It is natural to the body. You need it. You never know you have acid if the acid is under proper control. You think you have too much acid at times, but it is because the acid is not under proper control, and it may not mean that you have too much acid at all. When you think you have too much acid it means not enough of the mineral alkali that controls the acid. So-

dium Phosphate is the mineral that controls this lactic acid, and the chief function of this lactic acid is to provide for a storing up of the water content of the body. When the need for water arises in the cells between meals, and between drinks of water, this alkali breaks up the lactic acid and by this process releases the water that is contained in this lactic acid, the other waste substances pass out and the cells are supplied with the water in this way.

This is one of the fine adjustments that have been made in nature for keeping the water level right. If it were not for this arrangement you could not go for several hours without a drink of water as you go on with the work of life. It would be necessary for you to be constantly taking sips of water. Even then the arrangement of the body would have to be changed in some respects, for as it is, this is not the natural way for you to get the water. Your body is constantly replenishing the store of lactic acid and then is constantly drawing upon that lactic acid. You are made this way; it is the natural way; it is splendid and fine, and it is one of the fine adjustments of nature by which the water level of the body is perfectly maintained.

SURPLUS WATER

It would be dangerous from the standpoint of the life of your body if the cells were ever flooded, or if the bloodstream ever became flooded. A method

has been devised by natural law by which the water level would be perfectly maintained, for there are certain conditions under which you live that force too much water into your body and it must be discharged.

There is no danger of drinking too much water, because the water will not enter the bloodstream nor pass into the cells unless it is needed there. There is no danger of ever getting too much salt back into the cells, for you will never find any salt attenuated in your regular food in the organic form so strongly, or in such a way, that it penetrates the cells of life to pull more water there than ought to be there. The excess of salt you take into the body that is not in the organic food form, will never overload the cells with water, for it pulls the water the other way. There is no danger from getting too much water from the bath tub, or from going in swimming, or from drinking too much water or any of these things, for the arrangement of the mechanical and chemical forces of the body are so perfect that it cannot come that way. There is one way by which you get water into the cells in such a volume that it overloads the cells and must be discharged, and that is described as follows:

HOW SURPLUS WATER ENTERS THE CELLS

Your cells must have air and the air you breathe is sometimes wet and sometimes dry. You have never thought of it before perhaps, but just the

same one of the most wonderful things about your powers of life consist in the fact that you can live most anywhere and breathe any kind of air, without noticing the effects, up to a certain limit.

In a previous Lecture we described the method by which you get air. It goes to the lungs and is carried by the iron in the red blood corpuscles out to the cells. The lungs have no power to discharge this surplus of moisture. There is no method by which the water can be drained out and if the oxygen you breathe is saturated with moisture you are taking into the body a fine, thin stream of water all of the time.

You breathe thousands of gallons of air a day, but it is very little water that goes in even if the air is loaded with water almost to the point of saturation. Some of this water may adhere to the epithelium lining of the nose and trachea as it passes along. But when the air is moist or foggy and that condition goes on for days and days, and week after week, it means that there is a fine thin stream of water constantly passing in through the lungs with the oxygen, through the bloodstream and back to the cells, bringing about a slow accumulation of water.

THE SURPLUS WATER DISCHARGE

Sodium Sulphate in its work of discharging water has the power to take two molecules of water on every molecule of Sodium Sulphate and carry

it out of the body, but in doing this work it is discharged with the water and passes out of the body, and if the food supply, day after day, fails to bring up a new supply of Sodium Sulphate then this mineral is bound to become deficient in your body. It has been observed in the marshes and swamps in the south land, where the air is warm and so moist that many people are unable to live strong lives, that they are troubled with chills and fevers and have malaria and yellow fever because the Sodium Sulphate becomes exhausted.

Sometimes you will notice while this is going on that you go for days with no sensation of thirst. The body is so abundantly supplied with water that your nerves never transmit a need to your consciousness. This will be true during prolonged wet seasons and you drink no water unless the food canal is so saline that water is needed to wash out the salt.

At the same time you have no thirst you will frequently observe the kidneys are unusually active. This is often misunderstood as a bad sign and is given credit for causing some other derangements, but it is perfectly natural under the circumstances, for it is nature's way of carrying off the surplus water. The other derangements are due to this Sodium Sulphate and other mineral deficiencies that arise under this strain of unfavorable weather conditions.

The work of Sodium Sulphate in discharging water is always done through the normal channels.

Water passing out through the eyes or nose, or through any open sore is never a Sodium Sulphate sign. It is the Sodium Chloride sign. Sodium Chloride needs are given by water passing out in some unnatural way, but Sodium Sulphate always carries water out some natural channel—such as through the kidneys.

Some people have a way of selecting their food, or their bodies are so arranged that they cannot digest some kinds of food and they become deficient in this mineral and suffer ill-health and must either leave that climate and go to a dryer climate, or if they are unable to do that suffer for a few years and perhaps die prematurely. There are many likewise who have found that they cannot work or live in a basement. Many a man has had to change his occupation and suffer a reduction in his wages, because his employment took him into a basement to work and his health broke down because he became deficient in the mineral that discharges the water which he was constantly breathing in the damp air of the basement.

If you were going to select a house you would resist going to a basement to live if you had the money, or could find a house on top of the ground, for it is common human experience that such an environment is unhealthy.

We have been advised by physicians for years and years to go to the mountains, or to a high dry atmosphere because certain individuals in almost

every climate have broken down for the same reason, that is, a constant drain upon this mineral in taking care of the surplus of water has pulled down the health until they could not stand it.

SURPLUS WATER DISEASES

The usual form of disease that follows this surplus of water is that of biliousness. It is bilious fever. Malaria is due to bile flowing in the bloodstream. Yellow fever is another such disease. The very name of that disease points to what the problem is. It is bile circulating in the bloodstream. The only bearing the germ has is that the yellow fever germ is able to thrive in any human body when the vitality becomes low with these unnatural conditions. When the "Flu" swept the country it was a problem of bile everywhere—coming within the range of this Mineral Food No. 11. That disease known as jaundice, the bilious color showing itself on the surface of the skin, is bile floating in the bloodstream. The reason that this thing occurs is that when the body becomes overloaded with water and the minerals that discharge the water become deficient and the bloodstream and the cells begin to be flooded with water, the bile as it is secreted in the liver, becomes too thin, causing a change in the specific gravity or density of the bile fluid. So that instead of passing into the bile ducts, down to the gall bladder and out into the intestinal tract where it should go, it is picked up and carried out into the bloodstream. It is poison

to the bloodstream and to the tissues all over the body when it is not in its natural place, and causes all manner of distress.

NATURE'S EMERGENCY METHODS

In the case of chills and fevers the spasmodic condition, that victims of this disease experience, is perfectly understood under this Mineral Food System. The cells of the body become saturated with water and this mineral is not there to take care of it and carry it out, so that nature resorts to that peculiar experience known as chills. It is a mechanical device by which nature squeezes the water out of the cells. It is a shaking all over the body—a mechanical distress. The nerves are called into play to produce spasmodic conditions. It is like squeezing the water out of a sponge. When the chills subside the suffering body begins to sweat and the water rushes out all over the body, and then after the sweat there comes the fever again, and after the fever there comes the chill again, and so on until the body has freed itself by this mechanical method of that surplus of water.

Then the suffering body will go for a few days until another surplus of water is collected and there will be another spell, and so on. It is perfectly marvelous how wonderfully it works to take someone who is suffering in that way out of that kind of an atmosphere and up on the mountain top, or into a high dry climate, for they are immediately relieved of the difficulty. Through the long

years of the past we have not understood what the causes of all of these changed conditions were, but under the Mineral Food method it becomes simple and plain. In such a case, if this Mineral Food System is properly followed, any one suffering in that way can become perfectly well and strong, and live in health anywhere.

THE MASTERPIECE OF EFFICIENCY

The water level of the body is a wonderful arrangement. It is more wonderful than the water level valve on my steam car. There is a valve on my car so adjusted that if anything should happen to the water level of the car, and the water should go below the point of safety, this other valve would shut off the burner and stop the fuel, so that my fire will go out in order to save my boiler. It was a very thoughtful device of the master mechanic at the factory who made my car. But the Master Mechanic of the Universe has made wonderful devices for your body, and when the water level in your body becomes low you have distress signs that are explained in the Language of Nature. You are made to suffer. Your body does not go right. You have aches and pains and other signs that will tell you that the water level is low. You are given plenty of warning so that the fires of life will not burn up your cells. You are placed in a position where you can take care of every condition that arises in such a way that you will know all of the time just what you need in order

to bring the water level in your body up to the proper point.

The master mechanic at the factory that made my car arranged pumps and a tank by which a fresh supply of water could be brought up, and it is a very efficient arrangement. But the Master Mechanic of the Universe, when he made your body, arranged so that the supply should never fail under any ordinary circumstances, and you were provided with that fine thin stream of lactic acid as a reservoir to keep a supply on hand so that the cells of life should never fail.

The master mechanic of the factory, when he made my car, arranged the valves so that if the automatic arrangement to preserve the water level should stick fast or fail to open and my water level should rise to the danger point ,there is a pop-off valve to relieve the surplus, and it is a very efficient adjustment.

But the Master Mechanic of the Universe made a more wonderful system than that in your body by which the surplus of water that is certain to arise under certain conditions might never cause a disturbance in your body. And there are signs given to you in the Language of Nature, which you have an opportunity to learn, so that you can always tell when the surplus of water becomes distressing, and if you will follow that Language of Nature you can keep the water content of your body at just the right proportion all of the time by supplying the need.

If the food system of the world had not been changed to such a dangerous degree that the food you eat was constantly failing to bring up the necessary mineral substances you would never know these problems. But the food system of civilized society has never been such as to give you that chance. The Mineral Food System comes to you with a wonderful hope and a tremendous message. It brings the only reasonable solution that has ever been given to the world. It is so fine that it always works. It is the only recompense to the violation of the natural laws of food that has ever been devised.

A CONCLUSION OF HOPE

It is within your power to maintain the water level of your body and it is certainly a worth while thing to do. The explanation that has been given of that in this Lecture should make it plain enough to anyone that it is not only necessary but that it is perfectly possible to do it. Your life will be more efficient; your powers will be greater; the force of the spark of life within you will be stronger; you will have comfort; your earning power will be increased; your influence in the business and social world will be magnified; you want this power and you want it now and if you have not already availed yourself of this opportunity, then how can you resist it longer?

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

PUS AND THE SURGEON OF NATURE

CHAPTER 12

You have a wonderful body. It has the power to preserve its own life in many wonderful ways. It is perfectly automatic in all of its adjustments. The first great law of life in your body is to save itself. There are many wonderful ways in which this great and blessed law works for your well-being. In the lecture on "The Healing Power of Nature" you have seen this great hope and promise fulfilled. There is nothing in nature more wonderful or more splendid than the plan by which your own body saves its own life by performing its own operations.

The world has been taught to believe in surgery. It is usually resorted to as an emergency measure, just to save life in extreme danger. But the tendency is growing to believe that the body is not made right anyhow and that some organs are useless and dangerous and should be removed on general principles, before they get out of order, so that they may never cause trouble by getting out of order. For instance, the tonsils and appendix are rapidly being tabooed as unnecessary and dangerous mistakes of nature.

Anaesthetics are devised that have the reputation of being safe, and yet an occasional tragedy

of death surprises such complacent optimism even in an age when we are rapidly advancing to the faith that it is perfectly proper to "monkey-wrench" the body with poisons. Our hospitals and homes are filled with suffering victims, bandaged and bruised because of violent and unnatural devices most artistically performed. Our cemeteries claim their victims of premature death of lives sacrificed to the violent healing arts of science, and all of this because the world fails to see and understand how perfectly nature has provided for every emergency, no matter how desperate, if only the natural laws can be understood and put into the way of their perfect work.

A WONDERFUL METHOD

Nature's method of surgery is wonderful to behold. It is sure in its effects. It is perfectly natural and hence it is absolutely safe. No dangerously poisonous anaesthetic is required. No blood poison is likely to follow. No adhesions or after-effects result from nature's perfect surgery. No explorative or experimental operations ever take place in nature because nature's diagnosis is certain and sure. No mistakes are every made in nature and no gauze or tools are ever overlooked or sewed up in the wounds. What a blessing it would be if the all-sufficiency of the laws of life and of healing could only be accepted, believed, and followed by a long suffering world.

In the next few pages the unnatural conditions that give rise to surgical emergencies, and the wonderful provision that has been made by the *Master Mechanic* of the Universe by which your life has been made safe by a natural method of surgery more perfect than any method any man or set of men ever did or ever can devise, will be explained.

Your life depends on a constant stream of air, water and food passing from the outside back to the cells where life takes place. You breathe in air, drink in water and eat food, and as this movement of air, water and food passes in, it is met by a constant stream of waste matter which is moving out. Life in the cell consumes these elements and the combustion gives off a waste matter which must be carried out.

These waste substances are eliminated in a perfectly normal fashion. The gases pass out through the lungs and through the pores of the skin, and the bowels and the kidneys become the great eliminative organs of the body, and as long as the necessary minerals are provided the work of elimination will go forward in a perfectly normal fashion, for your body is automatic, providing it is fed the minerals or dust around which all of these labors and processes take place.

In our literature you find these problems discussed and explained, and you have learned that the Mineral element known as Lime Sulphate,

which we call Mineral Food No. 3, takes care of the discharge of broken-down food in a perfectly normal way. You also find the natural work of Potassium Sulphate, or Mineral Food No. 7, is to discharge waste matter through the pores of the skin and through the lungs, laboring with No. 4, to perform that function, and so these are the natural methods by which the eliminative processes of the body are keeping the body clean.

You have seen that a perfectly natural food containing a mineral content in just the right form is not only a problem of taking care of life processes in the cell, but that nature has also provided for washing the body and keeping it clean by the use of these mineral elements which have by nature the chemical qualification to perform that duty, and when a deficiency occurs in the body in such a way that these eliminative processes fail then diseased conditions arise.

If the skin does not do its work properly and the poisonous substances are thrown back into the bloodstream, then the bloodstream becomes overloaded with poisonous and dangerous substances and the kidneys become disturbed because they are required to perform functions of elimination not naturally intended. Substances pass out through other organs because they cannot be discharged in the proper way. You have catarrhal conditions in the nose, or in the vagina, or in the eyes, or in the ears, and pus collections form because perfectly good and wholesome food may be contaminated

by contact with these waste substances, and then the food decays, causing other unnatural discharges which you frequently call pus or mucous. And all of nature is at work attempting to save your life, for the bloodstream must be kept pure and sweet and clean at whatever cost, and it will be done to the extent of nature's power, for the laws of nature, as explained in the Lecture on the principle of the healing power of nature, are doing all that can be done for you every day. Nature is working for you and you are learning to depend upon nature and to believe in nature, and it is scarcely possible for anyone to place too much confidence in nature.

The danger today is that too many unnatural things are done which really work against nature, and therefore, instead of helping nature the things that we do are a hindrance to nature. Many times outside conditions are overcome and we fancy that we have done a good thing because we have fought back a certain symptom when the fact is that the thing that has been done has been a positive damage to the body.

THE DANGER OF UNNATURAL METHODS

If anyone stops a discharge in an unnatural way and claims that he has cured catarrah, he frequently has only made it necessary for the body to do something else to work out the problem of keeping the bloodstream sweet and clean, for the laws of nature require that your body shall

be clean inside. And so nature is toiling for your well-being even if you do complain and abuse your luck while you fancy that you have been attacked by some dreadful disease, and if you only understood it you would know that your life is being prolonged by the very symptom you complain about. You should praise your maker and bless the laws of nature for permitting you to continue to live under such a system of going against the laws of nature.

Under our unnatural systems of living and eating, unclean conditions are permitted to multiply and to increase within the body until the load of pus and waste matter keeps increasing. The tremendous volume of that load becomes a strain on the whole body, and all sorts of symptoms prevail. There are dizzy spells and dull days, half groggy days, bilious days and catarrhal conditions that are very distressing and sometimes painfully so, and the aches and pains increase. Rheumatism, neuritis and neuralgia develop, and one disease follows after another until at last it may be a cancer, for the pus must be discharged, and one of the conclusions gaining rapid headway is that cancer is a bloodstream disease. Why a bloodstream disease? Because the bloodstream is found to contain substances unnatural to its being, and after resorting to one method after another it has become impossible for the bloodstream to rid itself of these waste matters by all of the methods followed, or for some other unnatural reason a bruise

or an injury affords a tender spot where the elements unnatural to the bloodstream can begin to collect and so the cancer or whatever it is begins to form, or gather, or grow.

In the meantime the food is so good and more of it is eaten than ought to be eaten. That makes more waste matter because it is contaminated in the bloodstream and clogs up the various organs by which it is attempting to escape. This food is unnatural and demineralized and the elements that are necessary to take care of this increased burden are not there and the body suffers by reason of all of these things to the point of breaking.

Flabby, sagging tissues everywhere increase the burden and the general health goes down. Perhaps there are boils, abscesses and carbuncles, and by all of these methods the thing goes on until it collects somewhere and has to be discharged, and then we hear it said that certainly there is nothing to do except operate as in a pus case in appendicitis, or in a tumor, or in a cancer, or ulcer, or abscess, and there are those who seem to think that clinches the argument.

For your happiness and future well-being we again come with the message that you have a body so wonderfully and so perfectly made that nature has provided for all of these things, and you need not fear. The laws of nature are complete. No man or set of men will ever be able to devise a system that will exceed the infinite wisdom of the

Master Mechanic of the Universe, who has supervised the perfectly wonderful and miraculous job of building your body, making it perfect, adjusting it properly and of leaving it finished in such a way that there is nothing better to be done for the preservation of your life than to trust the laws of nature upon which you depend.

NATURE'S WONDERFUL SURGERY

It is here that we approach the problem of one of the most wonderful and almost unbelievable evidences of nature's great foresight and complete provision for the maintenance of your life. Do not be amazed; read and consider; study well the tremendous import of the thing we say when we say that under the laws of nature the surgical operations that are necessary for the preservation of your life will be perfectly carried on without danger to you and with perfect efficiency if you will learn how to duplicate nature's methods by using a perfect Mineral Food, perfectly compounded, which works with tremendous efficiency. For there is such a thing as a law or principle of surgery in operation within your own body which can be called into action by any unnatural emergency that may arise.

I, myself, have been a chronic sufferer with appendicitis. I have been warned and scared and everything possible was done to scare me into an operation to have that organ removed. Somehow I never could quite make up my mind to believe that

a mistake had been made when that organ was placed in my body. Somehow I could never be convinced that nature would fail to take care of that appendix if I could only learn how to do the right thing, and yet for years this went on with frequent, recurrent attacks in the midst of a tormenting fear and dread that it would some day cost me my life.

I learned almost by accident that if I would stop eating abnormal amounts of food when that abnormal appetite was brought on several days before an attack became acute until the conditions came under control, that nature had some mysterious way of working out my appendix difficulties. I had those experiences lying upon my bed in intense suffering surrounded by professional advisers, who with perfect honesty and deep sincerity, time after time told me that some day an attack of this nature would surely deprive me of my life, and that as soon as I got well enough I should by all means have that organ removed that was causing such distress.

But it never was done. I could never permit myself to believe that it had to be done, and I learned how to live with my appendix and I am going to keep it with me till I die. I have not suffered with such an attack for years and will never have it again for I have learned by a multitude of experiences to let nature have her own way and do her perfect work.

NATURE'S LANCET

There is a mineral in the body known as Silica. The world is full of Silica. It is the outside portion of the entire living world both of animal and vegetable. It is the mineral that causes the formation of bark on the trees. It is the mineral that makes the little sharp points which decorate the leaves of corn with a glossy substance so that you cannot move your hand along the leaves with any degree of comfort unless you move it the right way. It covers the stalks of wheat. It makes the feathers on the birds and the scales on the fish and the hair on the rest of the animal creation. It is everywhere in nature; it is in the mountains and the rocks and we call it quartz or flint, and whenever you see it you see a sharp pointed formation. Billions and billions of molecules of this quartz or flint always come to your observation in a way that you see a sharp point. It is sharp pointed on the bark of the tree; it is sharp pointed on the grass of the fields; it is sharp pointed on the hair of your head; it is the lancet or the surgeon of nature and its work can be explained and understood by any person who will think as they read and observe what they see. This mineral is in your body. It makes the hair on your body and is the substance which makes the claws on the cat or the dog, or any other animal, or the hoof on the horse, or the cow, or the finger nails and toe nails of your own body, and it is found in the outside

covering of all forms of life both vegetable and animal.

It is found in your bloodstream. It is scattered all through your being, but it never does the work of a surgeon unless there are peculiar conditions prevailing, and unless your life is in danger by reason of those conditions. Then under the laws of nature it performs its work in a perfectly wonderful way. It will work and you can prove that it will work, and the manner of its work would be miraculous except for the fact that it is so perfectly natural when you come to understand it. The amazing thing is that the world has failed for so long to see the marvelous power of this agent of healing and comfort, this wonderful tool which we think is only a rock, this dust upon which so much depends, the greatest of all *life savers,* this Silica, the surgeon of nature.

PRESSURE IS THE NATURAL DEVICE

Whenever the discharges or waste matter of your body collect in any organ, as it did in my appendix, you have a condition known as congestion and inflammation, and the stoppages are so bad that the bloodstream cannot circulate freely in those parts and then these little sharp pointed lances in the bloodstream—little atoms of Silica—are pushed up against the walls or tissues involved and the pounding pressure of the heart forces the blood up against this stoppage and the pressure gradually pushes these little lances, these little agents

of nature's surgery, against the tissues and the pressure continues there and they cannot go backward (in that respect resembling the experience you have had when you tried to rub your finger against a blade of corn), so it must cut its way through by going forward, and it never punctures a blood vessel or causes any serious bleeding but it hangs on until it cuts its way through and out into some other channel or passageway, out into some lymphatic duct or channel of escape that is not involved in that congestion, or out through the skin in some cases, and it takes the pus out with it and relieves the pain by releasing the congestion. No poisonous anaesthetic is needed and no evil after-effects follow. It is wonderful to behold; simple to understand; it always works when you have this Silica to work with and when the congestion and pounding condition described above makes it possible and necessary; so there is never a mistake in nature and the natural diagnosis of surgery is, therefore, always sure.

If you go right on eating more food every day, unnatural food that does not bring up reinforcements from the rear and fails to supply more of this mineral content for the surgical function, what can happen except more pus, and if, as fast as the passageway is opened, the pus gets out into other connective tissue spaces seeking a way of escape, then more pus comes up from the rear, then the sore spot becomes enlarged like an abscess or cancer or whatever it is.

So the battle goes on until at last the drain upon the system to supply enough of this mineral to take care of the surgical work under the emergency created becomes so great that the work breaks down and the pus continues to collect and then you have to take the knife and cut it open and poison the body with an anaesthetic and scrape the bone, or drain the infected region and keep it up until the conditions become such that the individual gets so sick that he can't eat much any more, then the pus may have a chance to be discharged and you go to bed and you lose your appetite and the pus is drained out at last and nature is able to do the fine thing of healing and a wonderful cure has taken place by surgical methods under man's devices, we think. After all everything that man has done has been dependent upon the laws of healing within the body, working to perfect the cure, and it could not take place except for the laws of nature and it would have taken place without the devices of man if a natural method had been followed of stopping waste matter from collecting by overfeeding in the first place; and in the second place by providing the food that nature needed to work with in order to discharge what had already collected.

NO DANGER OR PAIN

The surgical function of nature is wonderful to behold, because it never is a painful operation. The nerves are not irritated by these little lances of nature. On the contrary nature's surgery relieves

the pain which is due to congestion, and nature's surgery relieves the congestion. No dangerous anaesthetic is required. These little agents of surgery in nature work in such a perfect way that they never do harm but they always do good, and they never work unless they need to work. Nature is perfect from the standpoint of its methods of diagnosis. There can be no mistake ever made on the part of the laws of nature, for unless the congestion is there and the pressure is right and the stoppage is such as to call for the emergency method of nature, the Silica, even though it may be in the bloodstream, will never do the work of surgery.

In my own body these processes went on for years and I did not understand. My system was placed under the strain of providing Mineral Food for the blood to work with in this surgical function by various methods as emergency methods when the food failed to bring up reserves, for all of this took place before I knew about Mineral Food. "The healing power of nature" worked in my body by taking from other parts of my body which were not essential to life the Silica needed to perform these necessary surgical functions to save my life, and this is how it was done.

WHY I BECAME BALD HEADED

Every function of nature is true to the laws of life. The hair is made by Silica. It is a fine thing to have hair, but it is not essential to the life of the organism. When the life of my whole body

was in danger for the want of Silica the splendid laws of the healing powers of nature in my body began to pull Silica from every portion of the body, and the hair was made to sacrifice, for it was better to be bald-headed and live, than to have a splendid growth of hair on the top of my head (such as I once had) if it were necessary to my life to use the Silica to save my life instead of using it to grow hair.

This continued throughout all that period of recurrent attacks of pus in the appendix, and the hair continued to gradually go during that period. The time came when I used to feel that it was a serious handicap to me that I lost my hair, but I have learned to be grateful to the laws of nature that my life was saved at the expense of my hair.

And then, wonderful to behold, after the laws of nature had operated in this way to such an extent that the hair was almost entirely gone all over the top of my head, and I had learned the method by which to supply to the body and began to feed my body what it needed, then to my amazement I found that the hair began to return and the hair on my head that never had fallen out began to grow faster. I used to have my hair cut twice a year and that was enough and I never looked ragged at that, but after I began to use the Mineral Food the time came when I had to have my hair cut at least once a month and the hairs began to come again on the top of the head. I would not give the impression in this Lecture that

I expect to ever have all my hair restored. There are many hair follicles on the top of my head that have been deprived of their function in life so long that they have become dormant and hair will never be restored there. But the thing that did happen was that the hair follicles that had not been so long dormant were still sufficiently vital to have their powers restored, and in these follicles the hair began to grow.

In the Language of Nature you have the plain, simple signs when Silica is needed. Whenever your finger nails or toe nails split or break easily that is a call for Mineral Food No. 12 or Silica. For years and years I had that sign and did not know what it meant. My hair was falling out and my finger nails could stand no pressure at all. They would break at the least provocation and I could not open my knife blade with my thumb nail. My toe nails were so soft they would break in the bed sheets unless I kept them trimmed close. In the Language of Nature you will find many other signs by which you can know any time when you need Silica; signs that come long before an abscess or a pus condition in the appendix takes place; signs that are taking place in almost every individual's body who is living on refined, unnatural, demineralized food; signs which come to everybody occasionally, but which mean nothing to anybody unless they know the Language of Nature. Those who know these signs and supply these needs are bound to be better, feel better and work better, for

this Silica performs many splendid functions in life and health besides the function of surgery which is only its extreme and emergency function.

STRANGE IDEAS

Occasionally some one gets a very strange idea with regard to this mineral. One lady said to me, "I have signs for No. 12 nearly every day, but I am afraid to eat it for fear it will grow hair on my lip."

Such a thought is due to the fact that people do not seem to realize that this is a perfectly natural method. If you were to eat Silica by the barrel it would never cause hair to grow in any place that is not natural to your body.

And someone else comes to me and says, "I have gall stones, and the doctor says I need an operation," or "I have sinus trouble and he says he must drain the antrum," and then they frequently say that they have eaten Silica for three weeks and can't see any change in their gall-stone or sinus troubles. The presumption is that because some man makes a diagnosis and declares the advisability of an operation, that, therefore, under the laws of nature the body will use Silica for that operation.

In the light of the foregoing such an idea can be seen to be impossible. You could eat Silica by the

barrel and it would never do one single thing from the standpoint of surgery unless there was in your body the peculiar condition described above. That is, congestion and pressure which under the laws of nature must be the controlling elements of the surgical function of Silica. A surgeon's advice for operation does not mean that nature will operate.

Another individual said to me, "I had a felon and I was afraid to use Silica because I was afraid it might make it worse by cutting it out." Silica would never do anyone any harm, for under the laws of nature it is an agent of relief. One of the signs of Silica being deficient is that the feet sweat freely with a peculiar obnoxious odor so offensive in many individuals. That means that the body needs Silica, and if that sign is present Silica should be provided to the body without any fear of performing an operation. It would be impossible for any individual in the world to prevent Silica from doing its duty in the body if it is there, or to make Silica do anything unnatural in the body by putting it there. It will only do the work that it is supposed to do under the laws of nature in any and all events.

The best way to tell when you need Silica is not to think about gall stones, sinuses, or felons, but take the Language of Nature and find out if your body is calling for Silica. If I wanted to know if I needed Silica I would pay more attention to sweating feet, or cracking finger nails, or to the other signs that are given in the Language of Na-

ture, than I would to the condition of gall stones, felons or any other names of diseases that we have thought called for the knife or scissors. And if I found I needed Silica I would give that to my body whether I had a felon, gall stones, or whatever disease I had. And I would never use Silica for anything unless I found that I needed it by consulting my Language of Nature and taking my whole body into account. That is the Mineral Food method which we promote. That is the foundation principle upon which this system is based and those who use it that way will not be disappointed.

All kinds of operations are being performed that are not needed, if only the laws of nature could be brought into effect. There can be no doubt but that if nature cannot be used and followed, if ignorance is to prevail, and doubts and suspicions are to continue, there are times when it is best to use the knife and live a little while longer. But a surgical operation, with an anaesthetic, is always unfortunate and weakening to the body, although recovery under the healing power of nature does follow for a little while until something else sets in. But how can anyone resist the tremendous evidence of the efficiency of nature and fail to provide for himself the means and the knowledge by which all of these wonderful laws can be brought into effect for his own healing and strength and efficiency in the great problems of life?

There are sagging problems. We cut open a vein and sew it up again after slicing out a piece,

to heal varicose veins. That can be done in a better and more natural way by giving to the body Mineral Food No. 1, which builds the elastic fibres and keeps the veins strong as they ought to be, instead of flabby and weak. We cut off a pile for the same reason because the elastic fibres will not hold the parts in place. We cut off a tumor, which is only a flabby condition where blood, corruption and pus have gathered, and all could have been squeezed out and restored to their proper form by feeding the body the thing it is calling for and answering the calls of nature. Appendicitis, which sometimes reaches the above stage, is a sagging problem of flabby muscles permitting materials to lodge there which cause trouble because the organ is so weak and flabby that substances cannot be dislodged. Flabby stomach, flabby heart, flabby kidneys—all of these are conditions for which we operate because we can do it without killing the body and which we permit to go on until in a case like heart trouble it is known that no operation can be performed. All of these conditions, known as surgical conditions, are Mineral Food problems, and the laws of nature will take perfect care of all of the surgical problems in your body if you will take the trouble to learn a very simple thing known as the Language of Nature, in the Mineral Food System of Health.

YOU CAN PROVE IT

Will you prove it? Will you help to get the world to see this tremendous need? The agony

and the death, the inefficiency and the loss of time, the tremendous wastage of wealth that is going on while we beat the thin air of defeat by doing unnatural things in the face of the fact that nature is waiting to be utilized. Your body is anxious to work and toil for you; the cells of your body will take care of you and the healing power of nature is your best friend and you are chasing diseases from one part of your body to another, following all sorts of unnatural devices which lead constantly to more pain, more suffering, more agony and sometimes premature death while the wonderful forces of nature are awaiting your command.

Wait no longer. Prove it out and do it now. Take the Language of Nature as your great agent of healing, as the friend of your life. Learn the Mineral Food System of Health. Fall in line with the army of men and women who are learning how to duplicate nature's processes and answer the calls of your body and you will be filled with enthusiasm. You will not be disappointed as you have been in the past. You will lose your fear of the diseases that have stricken terror to your heart which have been known to be fatal to others. You will build your health and not only be free from disease, but you will be astonished at your increase of efficiency, and the increased powers of your life, and the happiness that will be yours by reason of your strength which you have built into the bone and marrow and bloodstream and muscles and cells of your body. All of this is yours if you want it.

It is waiting for delivery. It is yours to command these forces and the means and methods have been perfected and are before your open mind. Grasp it. Take it now for your comfort and healing.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

THE LANGUAGE OF NATURE

CHAPTER 13.

By Language of Nature we mean those signs or symptoms which your body gives you as a warning that some natural and necessary food is needed. Until you found the Mineral Food System of Health you never had a chance to learn the Language of Nature which makes it possible for you to understand those signs. This feature of the Mineral Food System of Health is the foundation of our success.

Whenever you have a pain it means your body needs one of the twelve minerals you are made of, and the splendid thing about this is that the pain tells you just what mineral you need. If it is a dragging, sagging pain it is No. 1. If it is a beating, throbbing pain it is No. 4. If it is a sharp, shooting pain it is No. 8, etc.

Whenever you have a discharge from your eyes, nose, ear or any other organ it means you need some mineral and if it is water it is No. 9. If it is a clear white transparent mucous it is No. 2. If it is a

thick white or grayish white substance it is No. 5, etc.

There are face signs. The color of the skin is a sign. There are tongue signs, swelling signs, and many other miscellaneous signs and every sign means something and tells just what you need.

Every part of the Language of Nature is just as simple as this. It is not a problem of diagnosis. You do not need to know the name of your disease, and in fact, the less you know about that, the better. You simply answer the calls of your body for Mineral Food.

Our Language of Nature covers every part of the body. We teach you how to tell what your body is calling for from so many different parts of the body and by so many different methods, that any one can know all of the time, just what the body needs. If you will follow these calls and answer them, and give the body what it asks for and stop taking unnatural drugs into the body that ruin your health, you will build up your body tone, and your health will be restored to natural strength.

EASY AND SIMPLE

A great hope is held out for this sick and suffering world by the Mineral Food System of Health based on this simple and easy Language of Nature. It is so simple it is available to all. The longer you live with it, the easier it gets. There is only

one hard thing about it. The name of the disease has absolutely nothing to do with the Language of Nature, and some people insist on trying to treat their disease instead of yielding to this Language of Nature method. Those who do make this their stumbling block get discouraged.

Four years of experience in promoting this Mineral Food System has proven beyond a shadow of doubt that those who quickly absorb this idea at the beginning are the first to win their victory. You must brush your mind clear of that old method. When this is done the rest is easy and success is assured.

FIND OUT WHAT YOU NEED

No matter what disease you have, you need the twelve Mineral substances your body is made of for your body is deficient in all of them. Here is the first reason why no one or two or three minerals will cure your disease. Therefore, it is utterly impossible to tell what to take for rheumatism, or any other disease by name. But the Language of Nature is plain and anyone who will be satisfied to follow this method will have no trouble about rheumatism or any other disease.

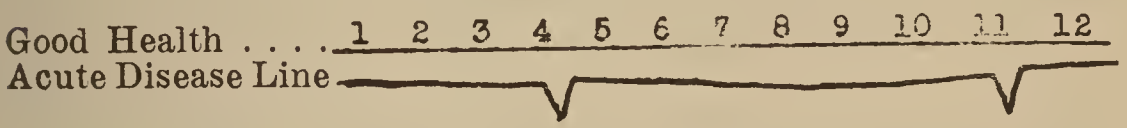
And then there are some who are misled by the statements we make, when we explain that a pile is only a flabby condition that is due to a deficiency of Mineral Food No. 1, and we explain that this

mineral builds the elastic fibres, they jump to the conclusion that all you have to do is to eat No. 1 until the pile is cured, but even this is not nature's way. Such a method fails because the laws of nature require that the mineral substance of the body shall be in just the right, proper and natural proportion. When any one mineral is deficient then all are deficient because the chemical pro cesses going on in the body will work to cancel out or change base so as to keep the proportion correct. Poor health results from all of these deficiencies. Piles are only a part of the problem, just one phase of the deficiencies. When you start to feed up on that mineral, these natural laws prevent you from bringing up the line at one point, and it is a good thing that this is so, as will be explained below.

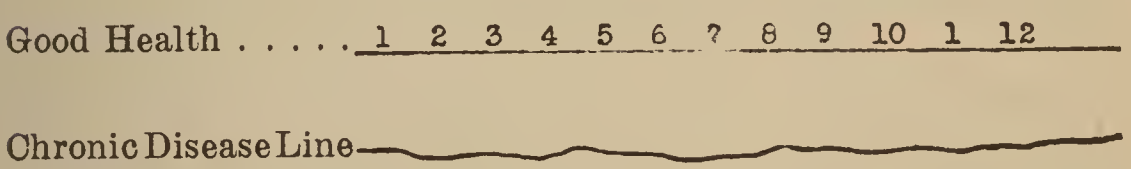
WHY THE LINE MUST BE STRAIGHT

Whenever the line of mineral substances is not straight in the body, the danger is some form of acute disease. A fever, severe colds, acute attacks of rheumatism, and all such acute sickness. The natural law is arranged so as to avoid acute or sudden severe sickness as much as possible. Chronic diseases which are slowly advancing diseases like Bright's Disease, Diabetes, Tuberculosis, Piles, Rheumatism and all such perpetual suffering, are the result of the mineral substances being low in a general way but in nearly the proper proportion.

So far as the danger of a sudden sick spell causing death is concerned, you have noticed that frequently folks who seem to be perfectly well become the first victims. It is because the mineral substance of the body is in that case like this.



Nature struggles to prevent this pronounced deficiency at one or two points. Any one who permits No. 4 and No. 11 to become so seriously below the proper proportion is in danger of the "flu" or pneumonia or some other acute sickness. But the long standing case of T. B., or Bright's Disease, or any other chronic disease would be more like this:



And the chief problem this time is that all mineral substances are seriously needed, but the line is not so severely broken at any one or two points because nature has been chemically reacting for years to keep the right proportion by causing one mineral to substitute for another by changing base and cancelling out one after another so as to keep the line straight.

At the time the "flu" passed over the country you noticed whole families were stricken. Those who seemed to be strongest were often the first and

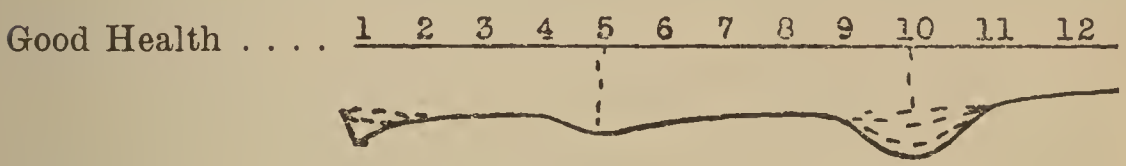
most violent cases. I noticed one family where the father had never known what it was to complain before. He was the first victim and he died before his friends realized he was seriously sick. Then the mother was stricken and died, and then a small boy, and all of these were thought to be healthy. One poor little girl, weak and puny, thought to be a T. B., was left and she did not even "catch" the flu. If you have carefully analyzed the foregoing you can see why. The poor sickly girl's mineral substance line was weak and below normal but it was nearer to the natural proportion than those who were well and strong. It is more immediately dangerous to life to seem well with the mineral substance out of proportion than to be in poor health, with the mineral base low, but in the natural proportion.

That proper proportion must be maintained, and the laws of nature operate to keep the proportion right. Even though the minerals are deficient, your body is constantly laboring to keep the proportion right. If you are not as strong as you should be, you may not be in as great danger of serious acute sickness and death as some others who seem well and strong. Your body may be keeping the minerals in proper balance operating in such a chemical way as to keep the line straight, even though the line is below normal and you seem weak.

But when you have the line below normal at one point such as in the case of a pile, and many other

flabby conditions in the body, if you were to start to build up the health of your body by feeding the body only that one mineral, you can only do that for a short time because when you bring up the line to about the proportion of the rest of the mineral in the body then you cannot use any more of that mineral to any good advantage.

You will find that you can not go any further until you have provided the body with other minerals that were needed. The following chart may help to make that plain:



You will notice on this chart that the good health or normal line of the twelve minerals is given, not equal amounts but correct proportion, and below that, another line is drawn, and it shows that No. 1 is low, and that individual has soft, flabby muscles and weak flabby conditions probably all over the body and the most distressing thing may be piles. Now if that individual undertakes to feed the body No. 1, he can bring that line up as indicated by the dotted line which will day by day be improving the No. 1 conditions in a general way first but will not have much effect on the piles for a time.

The condition of piles will not be overcome by just feeding No. 1, for when that dotted line reaches the level of the low line of minerals in his body,

then the body will give calls and indicate the need for other minerals, and the other calls must be answered and the whole line be gradually brought up as indicated by the chart above, for it must all come up to the normal line of health and strength throughout the whole body in a perfectly natural way by keeping that line straight.

Therefore, there is no specific remedy for any disease, by the Mineral Food way nor by any other way. There cannot be because it is unnatural and, therefore, those who attempt to force nature suffer disappointment by refusing to accept these important natural principles. Do not try to treat diseases, but build your health the Mineral Food way. Answer the calls as given to you in the Language of Nature, taking into account every part of your body, finding out each day what the body needs most. Supply that need and build up your general health by keeping the line straight, and when done this way you can reach any goal and overcome any and all conditions that are distressing in your body.

Very frequently some such case arises as that of a recent mother who wrote to me and said, "I read in your lessons that Mineral Food No. 5 controls the fibrin and keeps the fibrin from passing out, which causes measles, and when the measles came into our neighborhood I fed my boy No. 5 and he got the measles just the same and he had a very severe attack and I cannot understand why."

That is an attempt to make the Mineral Food System of Health work on the principle of preventing a disease by using Mineral Food No. 5 as a specific preventive measure. This is not what we claim for Mineral Food. It cannot work that way.

Suppose that this boy had acid conditions as well as No. 5 conditions and the No. 5 mineral in the body was below normal, but other mineral substances were lower, and it might have been that No. 10 at this particular time was the most pressing need of that boy's body.

If so, there were plenty of signs in the Language of Nature calling for No. 10 that any mother could have understood. The breath would have been sour, acid stomach, acid conditions from all over the body that are easy and simple and plain to read If the boy needed No. 10 badly, and the mother did not supply that need first, but used Mineral Food in a general way as a specific preventive measure for measles, then she fed No. 5, no doubt day after day in a way that the boy's body could not use it, for the line must be kept straight even though it is below normal, and that Mineral Food was wasted and never reached the point of need because there were other needs more pressing, and that is illustrated in the chart above.

You will notice on this chart that the need of No. 5 was there, but a more pressing need of No. 10, for the line was lower at that point, and so it was not possible to build up No. 5 until No. 10

was taken care of, for the line must be kept straight. But when the measles were epidemic that boy became infected because of a deficiency of No. 5. He was not immune. If the other needs had been supplied as well as No. 5, so that his body could have taken up the No. 5 that was given him at the same time keeping the line straight, even if it were below normal, then that boy would have been immune, and his bloodstream could have contained the serum that was necessary, and the deficiency would have been taken care of in a natural way.

Under the laws of nature, everything possible is done to preserve the chemical balance in the body as near to the right proportion as possible, and so one condition follows another and there may be decayed teeth first of all and other conditions within the range of Mineral Food No. 1 such as sagging and flabby problems on the outside of the body as in muscles, and inside of the body in the vital organs of the body. And there is catarrh and stomach trouble and constipation and acid conditions and all of this is done under the natural laws of life, by which the body struggles along to keep itself well, and to fight back a physical breakdown by preserving the proper balance.

This is due to the fine principle of the healing power of nature, which we explain in the Lecture on that subject. It is nature's way, and it is a blessed way, and it is a perfect way, and it is for your benefit, and you need to understand that all of these laws work to save your life and that you

do not need to be afraid of anything except to fail to fall in line with these laws.

Long before anyone had such disease as Bright's Disease, they had these other conditions or forms of suffering that they put up with, thinking they had to endure. They did not know what to do except to keep hoping that everything would come out right. But after awhile constipation and indigestion and perhaps varicose veins and piles and decayed teeth and catarrhal conditions in the nose and other organs and perhaps acid stomach had progressed for months or years then finally this dreadful, fatal disease called Bright's Disease, appears because the waste of albumen constantly increases, and if such a person reads that Bright's Disease is a No. 2 problem, and the albumen is not under control of Lime Phosphate which is nature's method, and assumes that No. 2 will be a specific remedy for Bright's Disease and begins to eat Mineral Food No. 2 to cure Bright's Disease in that way, then such a person is going to be disappointed.

Under the healing power of nature the blessed laws that have been taking effect in the body, explained in the previous Lecture, are all at work when you commence to use Mineral Food just as they were at work during the process of decline.

This means that nothing can be done suddenly. The body did not get sick in a day, and it cannot be cured in a week. You have to call upon all of the forces of nature and you are going to begin to feed the body all of the things that are needed,

for if you feed just the one mineral with the idea that this one mineral will cure the disease, there will surely come a time when your body cannot handle that mineral any longer. It may be days or weeks but the time will come when you will have calls for other minerals that you may think have no particular bearing on your disease but you must supply all of these needs to keep the line straight.

It very frequently happens that somebody has tried to force the cure against this law and they become greatly discouraged and they say, "I have been eating No. 2 for six weeks and I still have Bright's Disease." And when I ask what other minerals they have used they say, "Oh, yes, I have been eating some of so and so and so and so, but why don't I get well of Bright's Disease?" And then when I ask "Are you noticing any results?" they answer, "Oh, yes, my piles are better or my stomach is better, but I still have Bright's Disease, and that is what I am taking Mineral Food for." Bright's Disease is albumen passing out of the body and they take No. 2 to stop this and it still passes out, and such a person is trying to cure a disease in a specific way by using Mineral Food as a specific remedy. No such claim is made for Mineral Food, and it will not work that way because it cannot work that way.

But the happy thing to notice is that the stomach and the piles are better, so the Mineral Food is working and that is exactly what we are talking about. The process of nature in bringing about

health and strength by the use of the Mineral Food is always that way. It sets back those natural processes that took place all of the time that the healing power of nature was resisting a complete breakdown.

Under the law of the healing power of nature your life has been saved for years by the cancellation of the minerals in your body so that your body was able to resist immediate death, and now by the use of Mineral Food you start the process the other way under the operation of that same law and you begin to notice that little changes come first and you should be happy and shout for joy for there is no cause for discouragement simply because the main disease, the final disaster that forced your attention upon the problems of health, has not immediately come under control.

Nature is working the problem out in the natural way. Nature will not work the problem out in any other way. It is impossible for nature to do any unnatural thing. Nature can only follow natural laws. These natural laws are for your good. These laws preserve your life.

BRING UP THE LINE EACH DAY

If you follow nature's laws and respond to the Language of Nature, you will stop that cancelling problem. Answer your calls and supply all of the time the one thing needed most. It is never necessary to use more than two or three different

minerals any day. It is not best to use more at one time because the more you use different minerals in one day, the more difficult you make it for your body to keep the *line straight.* The best way is to find where the line is lowest each day. The Language of Nature will show you this low point, for whatever mineral is called for by the most signs from different parts is the most needed mineral. The line is the lowest at that point.

And then you supply those needs and bring up the line at that point, and nature is not required to go through those laborious processes of cancelling minerals out, for you have met the distinct need every day and you keep the line straight by giving the body what it asks for. It is easy to do when you get started at it right. Any one can do it. You can do it.

ALL CAN LEARN IT

I am constantly warned that this is only possible for educated people. Our records prove that is not the case. Strange to say, the reverse is the truth. Our records show wonderful success among folks who read and write with difficulty. There are also university graduates who fail. Generally speaking the hardest to help along this way are doctors and nurses who have lost their health and seek Mineral Food relief. A doctor or nurse has so much to forget. They have been trained to think in terms of diseases more than any other class,

and they find it harder to bend their thoughts to this natural method than those who are not burdened by so many past habits of thinking. Success in the Mineral Food System depends on following this simple Language of Nature way and no training at all is better than a handicap of training the opposite way.

Any one can build up his health in less time than he lost it, and yet it is necessary to urge everybody to be patient, as they eat Mineral Food, for the world's speed limit is so great that we demand quick cures which are unnatural and impossible. And yet it is possible to get quick effects if you are contented and happy over the effects that you get. There will be some effects always, although it may not be the particular effect that you are asking for. You cannot take Mineral Food and demand that some particular disease or some special part of your body shall get well right now. If your distress is in your leg, the laws of nature may demand that your heart shall be taken care of first and this brings in the great law which we term "Vital organs first."

VITAL ORGANS FIRST

It means this: Under the laws of nature those organs that take care of the real life of your body are more important to the whole body than those organs that are not vital to life. It is as though the laws of nature said to you that your heart must be taken care of first of all, and if your leg hurts

you, cut it off and throw it away, if you so desire, for you can live without it. Of course, that is a homely and crude way to express it but the thing that you must do is to respect nature's law and let nature take her course, and nature will pay attention to the vital organs of your body first, but eventually the lowest extremity of your weakest toe will be reached under the laws of nature with a splendid power of healing and strength coming to your whole body step by step in nature's perfect way.

I am reminded of that statement in the Holy Writ to the effect that "No man by taking thought unto himself can add one cubit to his stature," and I want to lay down the same identical principle in the following statement: No man, by taking thought to himself can eat Mineral Food and say "Cure my weak spot right now." That thought will not change the course of nature one iota. To make that demand is to fail to take into account the laws of nature.

That spot you are thinking about will be cured according to the laws of nature in nature's own good time and in a natural way, and you should be grateful and shout for joy as you see the Mineral Food System is so natural. The things that nature does are the things that ought to be done.

THE NATURAL DIAGNOSIS

The things that happen first are the things that nature says should be taken care of first, and there is never any mistake made by nature in diagnosis. You may be more tormented in some other place and you may not like this law at first, but whether you like it or not depends upon how well you understand the principle.

I remember the day when I used to berate my luck and condemn the Wise Overseer of all nature because I had a dreadful and incurable and fatal disease. I can remember how hard it used to be for me to see why in the prime of life I needed to be stricken down with my terrible disease, but as I came to understand these laws of nature I saw that if my bloodstream had not found methods of eliminating the poisons I would have died an almost instant death from blood poisoning or some other dreadful way long before I ever worked out the Mineral Food System of Health.

Every disease should be understood in the same way. Disease is due to the fact that nature is saving your life. Every process of healing though it may be slow, aggravatingly slow to you, still every process of healing is the beneficial and splendid outworking of the law that you may not understand, but which law is for your benefit, organized and set in motion long before your existence began, a law that I did not make and that you can-

not amend, a law that we can only conform and live up to, a blessed law, God's eternal law, and it is our part to permit that law to operate by furnishing the body the things that are needed.

CONCLUSION.

In every process of nature, the best route of healing is followed. Your healing can only be done by setting the processes backward that have been going on for many years as your health has gradually declined. Your method is to follow nature and keep the line straight. Answer the calls. If there were a quicker way it would be to my own interest to find that way and to give you that way. I do not say this because I made it so, but I say this because it is so. A full and complete understanding of all of those principles convinces me that there can be no better way, and experience has taught me to say that I do not want a better way than the natural way, for the way that has been set in motion by the Master Mechanic of the universe is going to be my way. I lift my face to Him and I praise His name. I humbly bend my will to His will determined to follow His perfect way.

The Mineral Food System is Your Way to Health!

The Language of Nature Shows You the Way!

Follow That Way!

PUBLIC OPINION

CHAPTER 14

A new public mind is being created by this Mineral Food movement.

When you learn to tell by the signs of your body what your needs are, you unconsciously begin to learn how to tell what other people need by signs you see in their faces.

You begin to form the habit of noticing the health conditions of the stream of humanity you meet on the street. You cannot avoid it. You go to a ball game and you notice the pitcher has lost his control and his face has the peculiar color that goes with nervousness, and you say to yourself, "He needs No. 6." You say to yourself if the manager knew the Mineral Food System he would see to it that his pitcher either used Mineral Food or he would trade him off to some other manager.

You go shopping and notice the clerk has sagging lines and flabby muscles in the face and you feel sorry for that clerk, and you think what a fine thing it would be if the proprietor knew Mineral Food as you do and would see to it that his clerk built up a stronger and more efficient body.

You hear a housewife complain and look at the peculiar color of her face and say to yourself, "No. 11," and think how much more satisfactory the

home life would be if this suffering woman could only know the Mineral Food System.

You see the business man whose face shows No. 2 calls for Mineral Food and you realize this man is on the way to a breakdown, meaning a loss to business and broken hopes in some home, for he will become the victim of some epidemic or gradual decline, perhaps with "Bright's Disease."

You notice the school boy or girl and see the danger signals and say, "No. 5," and think what a crying shame it is that the parents of that child do not know how to respond to the wonderful help that could be obtained from the Mineral Food System.

You go to the barber shop and notice that the hand of the man who handles the razor is unsteady and you think, " No. 8." You feel sorry for the man whose living depends upon his steady nerve and what a wonderful thing it would be if he only knew how to build up his health and overcome this difficulty that is going to interfere with his earning power.

You go to church and notice that the preacher's voice is not under control, that he labors hard and that he needs No. 1 or No. 6. You feel it is a pity because his noble work is not up to the best that is in him, for he could build himself up and be more efficient if he only knew the Mineral Food System of Health. There is no doubt in your mind

about these things for you have proven the system and you know that these things are true.

You meet the professional man who is constantly taking aspirin tablets or something which you know is harmful, but which he must use in order to keep going on for a little while longer until the break comes. You feel sorry for him because you know the poor fellow is suffering needlessly and that he could bring his body under perfect control if he would only adopt the thing that has brought such happiness, prosperity and blessings to you and your family.

Having proven that these things are so you feel impelled to tell your relatives and friends about this Mineral Food System. Some of them listen and accept your friendly interest with gratitude and prove it out with you. Others refuse to be interested and perhaps laugh at it. Perhaps they say, "Why don't the doctors use it?" You know why, for you realize it is not a system that the doctor can follow in a professional way. You know that no doctor could tell you every day what you need unless you knew how to tell him every day what all of your calls for Mineral Food happened to be, and you could not do that unless you knew the Language of Nature, and when you can do that you do not need to go to the doctor.

Your experience with Mineral Food has proven to you that you could not afford to be without a full set of Mineral Food in your home all of the

time, for it takes care of every emergency that may arise. It gives you the feeling of confidence and security on all health problems and you could not feel safe without it. When you try to impress others they say, "Everybody is well at our house," and they mean by that that each of them eat three meals a day and go to work or to school, while you can see on their faces that they all need Mineral Food. It cannot be otherwise for they eat an unnatural, demineralized food, the same as you eat.

My work brings to me many touching experiences full of distressing tragedies. I have seen and heard of many heart-breaking experiences where relatives assembled at the grave, heart-broken about the remains of a loved one, and some of them know Mineral Food and its wonderful work and they feel that this sorrow did not need to be. They tried to explain and persuade the family now broken, but it was so new and sounded so strange that their interest was rejected. Now the lips are sealed out of respect for sorrow, but still the Mineral Food System has proven so wonderful to these who look on that they feel in their silent, but breaking hearts that this premature tragedy could have been prevented. This is what I mean when I say, *"A New Public Mind is Being Created by this Mineral Food Movement."*

THE RESPONSIBILITY OF THIS

The development of such a public mind places a serious responsibility on us all. When you have

proven the efficiency of the Mineral Food System of Health and become enthusiastic about it and you try unsuccessfully to help others, you must not give it up nor be discouraged. The problem is too serious for that.

It is not fair to blame anyone seriously. I can remember the time when I did not believe these things. It is time for charity, and forebearance, but not for discouragement. The world does so hate to be disturbed in its regular thinking. The tendency with all is to pay homage to the knowledge of the past. We believe in the conclusions of the fathers even though the conclusions may be wrong. The complacency of the world as to the truth of its conclusions is hard to disturb. We are all to blame. You may have been more fortunate than others, or you may have tried out all the old methods and suffered to the point where patience was exhausted as to the efficiency of those old methods, before you heard of the Mineral Food System.

You may have been peculiarly fortunate by reading some of the literature that has been coming out for years about the necessity of the mineral elements in the body. Your mind may have been peculiarly fitted to receive the message with more interest than others. Some of these who have rejected the thing perhaps have not been so blessed. They have not felt the need so strongly. They may not have had the same experience that opened your eyes. But just the same the fact that this public mind is being created, going so far that thousands

are beginning to see these things places a responsibility on all who know the efficiency of the Mineral Food System. Patiently and kindly continue to persuade and to place the opportunity for the most perfect investigation in the way of all friends.

One of the things that compelled me to leave my life work in which I was perfectly happy and reasonably successful and to go out to meet the discouragements of this work without capital and to promote this thing was a tragedy in my own life.

My angel Mother, whose tender, nourishing care had made life possible, whose constant love had surrounded me, who had stood at my bedside and nursed me through the pain-racking experiences of sickness, and who sustained me through all of my trials and tribulations with a tender and sympathetic care that only a mother can give, my own Mother was suddenly stricken and taken from me.

It was only a boil on the neck, and the boil got worse and became a carbuncle, and the carbuncle got worse and blood poison set in. Everything was done that science could do. The best hospital in the city was none too good. The service of the best surgeon was demanded. That awful carbuncle, painful beyond description, was lanced and cut and drained.

I sat by the bedside of my dear Mother for long weary hours with an aching heart. When the time came each day to drain the wounds I heard my Mother beg for mercy. "Don't let them do it." "I

can't stand it any longer." Then I had to plead with Mother and say, "As long as there is life there is hope. We are doing the best we can do." But she would turn to me so pathetically and say, "No, I can feel that I am going to die. Don't let them do it. I cannot stand the pain." And I would take her hands and plead with her, for the work had to be done.

At last it was no use, and when the last hour of life was ebbing away as I waited for the final gasping breath, I was compelled to feel in my heart that it was well.

Six months passed away, only six months, and then I knew. And yet, at the very time that all of this was going on I was working on this Mineral Food System. I did not know, I could not see the Mineral Food application to the crisis in Mother's life at that time.

But no one will ever know the feverish anxiety and the intensity of my soul as I afterwards saw the efficiency of Mineral Food demonstrated in all such cases. And I have rebuked myself in the quiet hours of the night as I mourned the loss of my Mother. I have said to myself, "Why didn't I learn this Mineral Food System faster?" I had to figure this thing out alone and I gave up many times to discouragements, and now I knew that I had lost my Mother because I was six months late. If I could live a thousand years it would not be long enough to live down my regrets for the tardiness

which brought to me the greatest sorrow I have ever endured.

As I look back over the years that have passed I can see that this experience has done me good. I wish, how much I wish, that my Mother were here, but after all, the heart-breaking feeling that I might have done better has not been in vain.

For that experience has urged me on. No one will ever know the anxiety and the suffering I have had to endure in putting this great work before the public. I have been laughed at and ridiculed. Relatives and friends have carried it almost to the point of abuse in some instances. By nature I am sensitive. I am not hardhearted enough to endure such things without pain, and I have seen the time when I scarcely knew where the next meal was coming from and my own children have needed things I could not provide the first two years in this business. I could never have endured these trials which would have broken down any resolution that I might have made had it not been that the tragedy of my Mother's death constantly spurred me on and held me to the task.

The first years of my experience after I went into this business I witnessed a similar experience come to another life.

A faithful mother of a home was urged by her friends who knew the Mineral Food System of Health and its efficiency to relieve her own condition by this method. She talked with me person-

ally on one occasion. She said, "I will call you up some other time."

One day a telephone call came and this woman wanted to see me again. She met me at the door and I could see that something had happened. She took me to the parlor and told me this story:

She said to me, "Do you remember my daughter?" I remembered the beautiful girl who played on the piano the last time I called. Then she told me how that girl had been feeling poorly for a few days, but kept at her work and they thought nothing of it. But one evening she came home and threw herself down and said she was sick. She said everything was done that could be done, but all to no avail. She described how her friend had called upon her several days afterward and had very carefully opened to her mind the Language of Nature, and she told me how plainly she could see for many days and weeks before the crisis came those simple signs taking place in her daughter's body, and she said that it seemed it would have been so easy to have responded to those signs, and asked me if I thought it possible that Mineral Food would have prevented these things? And then she broke down and wept. We talked quietly for a while and I felt that this was not a time for me to try to sell a Course of Instruction to this bereaved mother and I started to go, but she called me back. "I want to take your Course of Instruction. I want to prove this thing out and find out whether these things are so."

I met this bereaved mother again and with a breaking heart she said to me, "There is no doubt in my mind but that if I had taken up Mineral Food a little sooner my dear girl would be with us still." She said something else to me that has been ringing in my ears from that day to this, "Mr. Munsell, why didn't you make me see this great need when you came the first time?" I went back to my office feeling that I had made a great failure.

Experiences such as this could be multiplied, but the reason that I have said these things is this: When a man lives in the midst of experiences of this kind how can he help but give his level best to such a work?

If it seems to anyone that I exceed the limits in the way I labor to put this thing into every home in the land, then this is my excuse, and I cannot help it. The experiences I have endured make me go the limit. I never wanted it to be so. I never desired to have it so. It is so because I cannot help it.

I know that I can never do any family any greater good than to persuade and exhort all who come within my reach, and to do it to the utmost of my ability, and after I have done all of that I never feel that I have done enough. The aching anxiety of my mind and heart is such that I wish I could do more. I wish I had a stronger personality, and I wish my powers of persuasion were multiplied. I wish that the time might come when

I could say that I never fail in my efforts to persuade folks everywhere to accept the best, the greatest, and the most wonderful thing ever yet given to the world on health.

"Your message is simple and plain,
But we are all happy today,
We seem to be free from all pain,
No, thank you. Not this time, I'll say."

One evening the music is gone,
The sweet one who made life a song,
The only girl left, with a moan,
Came home, and sank down with a groan.

The piano is silent and still.
The home is confused, for a chill
Takes its grip now on all in the house,
No music now. Still as a mouse.

"The only hope now is the knife,
Make haste if you want to save life,
To the hospital quick," it is said,
And in forty-eight hours she is dead.

And then that poor mother, appalled,
Remembered the day when I called,
And she wrote me a letter in tears,
That will live in my mind through the years.

"Each lesson points back to the day,
When I said, 'Not this time, I'll say.'
You labored and argued with me
In your effort to get me to see."

"It is plain to me now, but too late,
The message is true, but I hate
That moment, that hour, and that day,
When I thoughtlessly, turned you away."

The question is now up to you.
That question is,—What will YOU do?

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THE HISTORY OF THE MINERAL FOOD MOVEMENT

CHAPTER 15

This Mineral Food System of Health was not worked out for the purpose of launching such a movement. It comes to you in a far more natural and much more appealing way than that.

I was perfectly happy in my work as a minister and expected to remain in that work all of my life, but I found myself afflicted with an incurable disease (so-called) and doomed to an early grave. I could not relinquish the idea that somehow there was a way of relief. And although all of the authorities were against the hope I refused to give up searching out a way of escape.

I placed my first hope upon the regular orthodox medical systems before the world, and sought doctors and specialists as long as there seemed to be any reason for pursuing that method.

Finally, a good friends, who was a physician, gave me the first hint which led me into this study of the mineral content of the body, and the further I went the more I was impressed with the reasonableness of the thing. The newspapers and the magazines I picked up were constantly pointing to demineralized food as the great cause of disease, and so I plodded on with no thought of ever help-

ing the world, but with only one thought in mind, and that was the supreme thought of saving my own life.

My progress was slow, discouraging, and heart-breaking. Everything that I could find had been arranged for doctors and led along the pathway of diagnosing and treating disease. The Mineral Food System of Health which comes to you makes it plain that such a plan is ineffective for the very good and sufficient reason that all such plans did not coincide with nature. Finally, because I could not give it up and because I kept living in the atmosphere of the thing and proving it out, I began to get the idea that the name of the disease was not the thing to think about. That all I needed to do was just to feed the bloodstream what it asked for by natural signs, and these signs I came to call the "Language of Nature." From then on the results were marvelous.

"THE PROOF OF THE PUDDING"

Sciatic rheumatism, which had tormented my diseased body so long, was the first serious trouble to come under control; constipation disappeared; indigestion ceased to be a trouble; the color of health and strength returned, and last of all I noticed that the diabetic symptoms began to yield and finally one day it dawned upon me that I had lost my fear of a premature death from disease causes. How could this fail to grip me with an enthusiasm that knew no bounds?

In the meantime I began to see the efficiency of this method in other members of my family. My wife had female troubles, for which friendly doctors were suggesting serious operations against the sex nature. Besides that she showed marked tendencies toward "T. B." The way she recovered from these ailments amazed me. My older boy had a fight for life from the day of his birth and was never seriously sick after a good start on Mineral Food. In this way one surprise after another increased my enthusiasm. But still I had no thought of making this a business proposition.

The story of the development of this great Mineral Food movement begins with its connection to my work as a minister. It was my duty to call on the sick and suffering of my parish. If a doctor was waiting upon them of course my lips were sealed, but there were some with rheumatism and hay fever and asthma and such complaints whom the doctors had given up trying to help; or who had themselves given up trying to find help convinced they must suffer on. I did not try to sell them anything, for I had a good living as it was, but I was beginning to feel so sure they did not need to suffer if they knew, what I had found. I could not resist explaining what I had learned to these friends and some of them listened gladly as I talked about the mineral elements and needs of the body and my method of knowing what the needs of the body were and how to supply that need. Not a medicine, but just Mineral Food. Those who were

willing to learn this method I gladly helped by teaching them. I always refused to prescribe for their diseases and insisted that they learn how to take care of their own problems. Soon these friends became enthusiastic also. But still I had no idea that this would some day compel me to give up the life work I had chosen and plunge me into the great health movement into which I have been drawn.

A NATURAL GROWTH

These new Mineral Food friends began to talk to their neighbors about this new method, and when they received letters from relatives about their sickness and suffering they told them about their pastor who had helped them so much. Soon a correspondence developed with people all over the country who appealed to me to give them the benefits of this thing, and still I did not realize where all of this was going to lead me.

This correspondence grew until after a time I made mimeographed copies of my letters and called them lessons. The work continued to grow and the correspondence continued to pile up until finally without ever intending it to be so I found myself a pastor of a church expected to do the work of my pastorate, but handicapped by an ever-increasing correspondence that consumed my time and strength. Then I began to realize that I must either leave the ministry and attend to this Mineral Food business, or I must refuse to do this corre-

spondence and attend to my ministry. It proved to be the most difficult choice and the most painful decision of my life.

I troubled myself over that problem for weeks and months. I did not want to accept either horn of the dilemma in which I found myself. I did not have it in my heart to give up this new work, and I did not like the idea of giving up the work of the ministry, which I loved so well, to enter an unexplored field where I very well knew I was to encounter opposing forces, all alone, and without capital.

My wife and I sat up long weary hours of the night discussing this question and unable to decide, until finally circumstances developed in such a way that I knew I would never be able to continue the ministry, giving all of my time and strength, as such a work demands, until I could satisfy this urging demand and prove to myself that I was mistaken in listening to this force pushing me into a work the world sorely needed and which no one else was doing, with no working capital and no assurance of success, where the chief hope held out was the danger of disaster and a broken heart.

But it had to be so, and at last with much fear and trembling I left my pastorate and moved into the city of Lincoln, Nebraska, and set up headquarters in my home, working by correspondence chiefly, and just letting this thing spread as fast as it was able to go on its own merit and the en-

dorsement of enthusiastic friends who had proven it out.

The developments since that time have been marvelous. The plan adopted was so ideal and so perfectly ethical, because I was not promoting a new cult of doctors to treat diseases, but was teaching folks how to build up their own health that the whole program was most gratefully received. The growth of the business was so slow at first as to demand great sacrifice and patience. My wife and I saw many days of heartache and financial distress. It was hard to keep a family of six decently clothed and properly fed. Some of our best friends laughed at us in our struggle and some told me I was crazy. My wife had to keep roomers and part of the time we were compelled to live in five small rooms and eat just what we could honorably get. But we kept out of debt, and struggled on through those hard times of 1920 and 1921—the hardest time anyone could have selected to start up any new thing like this without capital. This struggle continued throughout the first two years before our new work spread far enough to really begin to pay its own way.

I had to print my first Course of Instruction with a mimeograph, cutting the stencils myself while my wife did the printing. It was rough, crude work, for we were not experts at it by any means. We could not get the money to have printing done. When we look over those old mimeograph copies now we are moved with conflicting emotions. We

laugh at them now, and then we wipe the tears from our eyes as we think of those days when we had nothing to work with but a tremendous confidence that our work, although humble, was meeting a great need. Although the printing was crude, the information was helpful and the Mineral Food worked fine.

The wonderful results that have grown out of that humble beginning prove the worth of this system and vindicate the judgment of my wife and myself that we were simply instruments in the hands of a wise providence, urged and forced into a great divine program for the healing of all who will accept this new way.

I realized from the beginning that I was not following in the pathway established by ages of practice in the healing arts, and I resolved not to question the honesty or intention of any other method, simply to promote what I had found to be good, attend strictly to my own business and leave all of the various contending healing arts alone. I saw that this system was not to be a new cult of professional doctors, but was to be a method of teaching folks who were willing to learn the natural way of helping nature to heal itself. The results have been marvelous.

This is so new that we do not begin yet to sense the tremendous possibilities of the future. Your interest is challenged. Your hopes are stirred. Your possibilities are magnified and multiplied as

you look more carefully into the great work that is being done. You need have no fears. You are not asked to make an experiment except from the standpoint of your own proving. The experiment has been made and completed before you. The system has been proven in hundreds and thousands of cases and you have no reason for further doubt. No matter what your discouragements may be you owe it to yourself and your family and to society, now that the message has reached you, to take hold and hang on and then add your energy to the great work of promoting this thing after you have proven to yourself how perfectly it works and how sorely it is needed by a sick and suffering world.

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